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T H E
Ladies Preparation
To the Monthly
SACRAMENT.

Consisting of
Prayers, Meditations,
and Ejaculations, before at,
and after Receiving the
Lords Supper.

After the Warning is
given in the Church for the
Celebration of the
Holy Communion,

COMPOSED
For the Private Use of a
Devout Lady.

And at the Request of Friends
made Publick.

LONDON; Printed by W. B. for
Simon Neale, in the *Long-Walk*
near *Little Brittain*, 1691.

Licensed,

February, 10th. 1691.

THE
WARNING
On the Sunday
Before the
COMMUNION.

DEARLY Beloved on Sunday I and purpose, through Gods Assistance, to Administer to all such as shall be Religiously and Devoutly disposed, the most Comfortable Sacrament of the Body and Blood of Christ, to be by them received, in Remembrance of his Meritorious Cross and Passion, whereby alone we obtain Remission of our Sins, and are made partakers of the Kingdom of Heaven, &c.

A Soliloquy on the warning.

BLESSED for ever be thy
Name, O Lord ! who pitty-
A 2 ing

2 *A Soliloquy on the Warning*

ing our Ignorance, hast Revealed to us this Heavenly Mystery of thy pretious Body and Blood, and foreseeing our weakness, hast built our Faith on so firm a Certainty. Justly, O my God ! Dost thou require our absolute assent to thy word, since thou graciously providest such grounds to assure us. Thy self with thine own blest Mouth hast taught it, thy Apostles with their dearest Blod have confirmed it, and thy Churches in all Ages have faithfully delivered it.

II. HOW Beautiful, O Lord, are the Feet of thy Holy Messengers. Who brings us Peace and Reconcilement with thee; who teaches us the way to Eternal happiness, and by their pious Offices, help us to go thither; if they teach us Spiritual things, 'tis just we should give them Temporal, make us, O Lord, entertain them as Workmen sent by thee, with
re-

A Soliloquy on the Warning. 3

respect to their Persons, and Obedience to their words, and according to our power, with a free supply of their necessities.

III. THUS does our gracious Lord send forth his Ministring Spirits to invite us to a Heavenly Banquet: Their spiritual means Conveys our Prayers up to him, and brings his Blessings down to us, in all our ways they direct us, and bear us in their Hands, lest at any time we dash our Foot against a Stone: When we labour they Assist us, when we repose they implore for us the Divine Protection, when we are tempted, they Encourage us to stand fast, and when we Conquer, they Crown us with their Prayers and Praises.

When you first awake use these
Ejaculations, as a Key to
Open the Morning.

Lighten mine Eyes, O Lord,
that I Sleep not in Death,
Psal. 13. 3.

IT is high time to Awake
out of our Sleep of Sin, for
now (since we have received
the Light of the Gospel) our
Salvation is nearer, then when
we first Believed.

THE Night is now spent,
and the day is approached, let
me therefore cast off the works
of Darkness, and put on the
Armour of Light.

GIVE me Grace, O Lord,
to walk Honestly as in the day,
not in Rioting and Drunken-
ness, not in Chambering and
Wantonness, not in Strife and
Envying.

BUT put on the Lord Jesus
Christ, and make not Provisi-
on for the Flesh, to fulfil the
Lusts

At Up-rising.

3

Lust thereof, Rom. 13. 11, 12,
13, 14.

At Up-rising.

IN the Name of the Father,
who hath Created me, and of
the Son, who hath Redeemed
me, and of the Holy Ghost,
whh hath Sanctified me, be
Ascribed all Glory and Power.

BLESSED be the Holy and
Undivided Trinity, now, and for
Evermore, *Amen.*

I laid me down and Slept,
and rose again, for the Lord
hath Sustained me.

*Then Humbly on your Knees, lift
up thy Heart unto God, and
say.*

HOLY, Holy, Holy, Lord
God Almighty, which
was, and is, and is to come;
I Worship him that liveth for
Ever, and cast my Self before
his Throne; thou art worthy,

O Lord, my God, to receive
Glory, and Honour, and Pow-
er ; for thou hast Created all
things, and for thy Wills-Sake
they are, and were Created.

II. INTO the Hands of thy
Blessed Protection, and unspeak-
able Mercy, O Lord, I this
Day Commend my Soul and
Body, with all the Faculties,
Powers, and Actions of them
both, beseeching thee to be
Ever with me, to direct, San-
ctifie, and Govern me, in the
ways of thy Law, and in the
Works of thy Commandments ;
that through thy most Mighty
Protection, both here, and
Ever, I may be preserved in
Body and Soul, to serve thee,
the only true God through Je-
sus Christ our Lord. *Amen.*

*Then use the Morning Prayer, &c.
Which is Annexed to these De-
votions.*

Medi-

*Meditations for Monday
Morning.*

COME, My Soul, let us begin our appointed Task, and dilligently mind our own Employment: Let us not lose one day in Idleness, nor Distract our thoughts with Repining at the advantages of others, God is our absolute Lord, and may do with his own as he pleases. If we began our Repentance late, our delay was dangerous; but we ought not to Despair: If we have laboured long in his Service, our Wages are safe; but we must not presume on our own Endeavours.

II. **THY** Holy Mysteries, O Lord, I believe, O help my unbelief! Let not any difficulties make me doubt thy Truth, nor too long a doubting provoke thy Wrath: Every word

8 MEDITATIONS:

of thine shall be fulfilled in their Season. Sometime thou Visitest thy Children with the Chastisement of a Rod ; sometimes thou favourest them with the Smiles of Prosperity : But all at last shall Co-operate to their Good.

III. NO matter at all , for the Favour of Men ; happy are they who find Grace with God: They shall Conceive in their Hearts the Blessed *Jesus* , and bring him forth in their Holy Lives, and Reign with him in his Kingdom ; and of his Kingdom there shall be no End. Here we perhaps may weep for a time, and be poor, and Afflicted in this troublesome World : But hereafter our Lord will Plant us about the Throne of his Father , and make us sit down with him in his own Kingdom ; if we heartily Love him and keep his Commandments.

IV. GIVE me, O Lord, thy
Holy

Holy Grace, to Love with Charity the Defects of others, perhaps mistaken by me, and rely on thee for Defence of my self, most sure of Relief if I wait thy Providence; for thy Mercy forsakes not the Innocent for Ever. Sometimes thou sufferest thy Servants to be tryed; but wilt always at last, either Deliver their Patience, or Crown their Perseverance.

The PRAYER.

O Most Glorious Lord God, in thy Son Jesus Christ, my most Merciful and Loving Father, I Miserable and Wretched Sinner, Dust and Ashes, do here in all Humility of Soul, Prostrate my self before thy Glorious Majesty, Humbly acknowledging and Confessing against my own Soul, that I am laden with Iniquity, and by my Sins have defiled my self, defiled my Habitation, defiled this good Land wherein I Sojourn. 17.

II. O Lord, Righteousness be-
longeth unto thee, but unto me
Confusion of Face; I have Sin-
ned against thee, and done amiss,
and dealt very wickedly, and
have added to the Number of
my Fore Fathers Numberless
Transgressions;

*Here Name *notwithstand-
the Parti- ing thou hast
culars. multiplied thy
Blessings upon

me in many Prerogatives.

III. BUT to my shame O Lord,
I Confess that no Creature hath
been so unthankful unto thee as I
have been; for instead of bring-
ing forth the Fruits of Righteous-
ness and Holiness, I have turned
all thy Blessings, Graces and Mer-
cies into Wantonness, so that I
have been a Provocation of thine
Anger, and of thy Fury, from
the day of my Birth; even until
this very moment.

IV. And though thou hast cal-
ed me to knowledge of the Faith
in thee, and thou hast Revealed
unto

Monday Morning!

II

unto me that inestimable Treasure
of thy Love unto me in Christ
Jesus, yet notwithstanding I haae
retained only the name, but no-
thing of the Work of a Christian,
but have Dishonoured thee, and
Blasphemed thy Name; but O
Lord, in the midst of Justice,
Remember Mercy, call not to
Remembrance my former Trans-
gressions, but Assist me by thy Grace
to a speedy Repentance, before I
go hence, and be no more seen.
Amen.

Read the *Psalms*, and Proper
Lessons for the Day.

Monday Evenings Meditations.

EVER, O Lord, thou
beginst thy great Design
with Prayer, and thy Prayer
with Retirement from the Di-
stractions of the World: thou
callest whom thou pleasest, and
they come to thee; thou
choosest whom thou wilt, and
freely

freely bestowest on them thy precious Gifts; 'tis not of him that Wills, nor of him that runs; but of God that Vouchsafes to have Mercy: Have Mercy, O Lord! and chase away those unclean Spirits that too often haunt my Fancy, and walk up and down my weak Memory; Chace them away, least as they disturb my Peace they ruin my Innocence.

II. GIVE me O thou Author of all my Good, a lively Faith in thee, that I may believe thy Truth, and hope thy Promises; that I may Love thy goodness, and continually Bless thee for all thy Mercies; who camest into the World, not to Judge the World, but to save it: Save me O glorious Son of Justice, and with thy Heavenly Beams Illuminate my Heart, that bringing my Works to the Light, I may Learn to hate my own Darkness, and Condemning

MEDITATIONS. 13

ing my self, Escape thy Judgment.

III. LORD in thy Hands are the Times and Season, which thou kindly disposest in advantage of thy Servants ; that thy Favours may Encourage their Virtue, and their Virtue encrease thy Favours : Thou rewardest the Chastity of Virgins, and the Fidelity of Wives ; thou Crownest the Holiness of Widdows, and the perseverance of all who constantly love thee.

IV. GIVE, me O Lord ; thy Holy Grace, that my days may pass in Innocence, and my Innocence sustain me in hope : give me thy Holy Grace, that my hope may encrease to Confidence, and my Confidence be Establish'd in Peace, and then in Peace dismiss thy Servant. Lead me, O thou Light of the World, where thou usest to walk, that my Eyes may happily see thee : Shew me thy Blessed self, O thou

thou Glory of Heaven, that
my Soul may fast Embrace
thee.

The PRAYER.

I. **O** Eternal God, I have in a
great measure deserved
thy wrath, I have Committed
presumptuous Sins, with a high
Hand against thy Divine Majesty; I
have Crucified again the Lord of
Life, and have Trodden under
Foot the Son of God: I have
counted the Blood of the Covenant
which Sanctifies me, an Unholy
thing, and have done despite un-
to the Spirit of Grace.

II. **INSTEAD** of making head
against those Temptations and
Lusts that hourly be set me, by
Prayer, calling to thee for thy
Grace to Assist me against them,
and by Fasting and Austere Morti-
fication, by beating down my Body
that I might not Conspire with
Satan, and my own Corruptions
that betray me unto Sin; I have
Pamper'd

Monday Evening. 15

*Pamper'd the Flesh, and suffered
my self to be led Captive at the
Will thereof.*

*III. I have not Subdued or
Mortified the Works of the Flesh;
I have not endeavoured to cleanse
my self from all Filthiness of Flesh
and Spirit :*

** Here Name * I have not
the Parti. made a Covenant
culars. with my Eyes,
neither have I
kept the door of my Lips, but as
if thou hadst sent me into the
World, not to serve thee, but to
serve my own Lusts.*

*IV. I have been abominable in
all my ways; yea, O Lord, I
have Committed too great Evils,
I have departed from thee, the
Ever-living God, and leaving thee,
the Fountain of all Blessedness and
Happiness, in my Heart, have set
up the Creature; I have set my
Affections, not on things above,
but on things below; the Lust of
the Flesh, the Lust of the Eyes,
and the Pride of Life, these have
been*

been the Gods that I have Served.

V. THUS, have I sold my self to Commit wickedness; I have made all the Members of my Body Instruments of Sin, and all the faculties, both of Soul and Body, Weapons of Unrighteousness, to obey it in the Lusts thereof; O Lord, thou hast found Iniquity even in my Holy things, I have been negligent in hearing of thy Word, unprepared at the Receiving of thy Sacrament, Indevout in my Prayer, weary of their length, and displeased at the return; For these and all other negligences, and Ignorances; O Lord, be Merciful to me a Sinner. Amen.

Read the Psalms and Proper Lessons appointed for the Day.

Medi-

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*Meditations for Tuesday
Morning.*

LORD, make me Study how to follow thee, and readily undertake any Labour to find thee; not for the benefits thou sometimes givest me here, but for the blessings thou wilt surely give me hereafter: Strengthen my faith, O Lord, and graciously instruct me, purifie my intention sincerely to seek thee.

II. **L**ET me not so apply my mind, O Lord, to any trivial Observances, that I begin to omit my more serious Duties; let me not so attend to the inventions of Men, that I grow to transgress the Commands of my God. O guide me gracious Lord in thine own safe way, and those solid exercises which really improve me,

me,

18 *MEDITATIONS.*

me, and make my heart as well as lips draw nigh thee, those blessed truths, which thy self at first revealed. and thy Holy Apostles hath fully confirm'd, may those alone be my principal rule, and every other Doctrine bow to them.

III. LORD how ungraetful are we compared to thy ancient Followers! Thou chargest us to remember thy benefirs, and we forget them; thou commandest us to Publish thy Mercies, and we conceal them: Behold, O blessed *Jesu*, I fall down at thy feet; reach forth thy Hand and heal me, that I may Glorifie thee the God of the Universe: Too often have my Ears been Deaf to thy Voice, and my Tongue Dumb to thy Praise; too often have my Eyes been Blind to thy Directions, and all my senses impediments to thy Service.

for Tuesday Mornings. 19

IV. We are often Wise in what imports us least, and utterly ignorant of our greatest concern; we can industriously argue what Weather it will be, but strive not to discern the seasons of Grace: Forgive, O Merciful Lord, the perverseness of our nature, and leave us not to our selves, least we perish without hope. O make us deeply Sigh in Compassion for the Sins of others, and yet more deeply still, in sorrow for our own.

The PRAYER.

MOST gracious God, I have been very negligent of thy Service, and those duties whereby I should have been better'd in the ways of Godliness, by my ill performance have made me worse; my very Prayers have been turned into Sin, and those Sacrifices whereby I should have propitiated thee, hath removed

moved thee at a further distance from me, and though thou in thy Mercy and tender compassion hast opposed me in my Sins, and called me to Repentance, yet notwithstanding I have rushed into all manner of Wickedness, * as the * Here Name Horse into the the Particulars. Battle, and have gone from bad to worse.

II. **THY** Judgment have not Awaked me, nor thy Mercies wonne me to Obedience; I have not harkened to the Voice of thy Ministry, nor to the Secret, Checks of my own Conscience, nor yet to the good motions of thy Holy Spirit, all directing me, this is the way, walk in it, and you shall find rest unto your Soul; yet notwithstanding all the good means thou hast used to reclaim me, and to bring me home to thee, I have still gone on in a stubborn Course of Sin, to the dishonour of thy Name, the wounding of my own Soul, the Scandal

Scandal of others, and the increasing the great dreadful Account, that I must one day make, at the Judgment Seat of Christ.

III. FOR these O Lord, and many other Sins, all thy Waves and Storms have gone over me; when thou hast smitten me, I became void of understanding. and was so far from being humbled, that I laid it not to Heart, nor considered that it was an Evil, and bitter thing to depart from thee, O Lord, my God; wo unto me, I have pulled away the Shoulder, I have stoppt my Ear, that I might not hear; I have made my Heart harder than the Adamant, and the neither Milstone impregnable; for all thy Judgments have not pierced me, nor made those impressions of Compunction and Sorrow, which are the end whereof thou didst send them; so that to my own shame and Confusion I may say, my spots are none of the spots of thy Children, nor thy Punishments the Chastisements of

a loving Father, but of an Angry Judge.

IV. I have too just reason to fear thy Afflictions under which I mourn, they are not a Wind to Fan and Purge me, but a Whirl-Wind to Scatter and utterly destroy me, as if the Sentence were already past and the Decree goone forth, as if my Days were at an end. because the shadows of the Evening are so far stretched out; but yet O Lord, be not weary of thy repentings; though thou hast been prest under the Load of my Sins, be not Angry with me for Ever; but in the midst of Justice remember Mercy. Amen.

Read the Psalms, and Lessons appointed for the Day.

Tuesday Evenings Meditations.

LEARN O my Soul to Confess a Truth, though never so much to thy own Diminution; Learn to Advance the

the Honour of thy God, though never so much to thine own depression. They who humble themselves shall be exalted, and they who exalt themselves shall be humbled. Learn to decline the Applause of Men, and Banish from thy thoughts all conceits of thine own worth; learn to speak lowly of thy self, and to mean as thou sayest.

II. OFTEN does our weakness judge of others, and perhaps our Malice censure their Qualities: We rashly conclude upon outward presumptions, and little consider their inward worth; we are apt to undervalue whom we familiarly are acquainted with, and scarce can think highly of them whom we have once known low. Heal us, O thou great Physitian of our Souls! Heal us of all our Diseases; and above them all, of our Rude Impatience towards those that would Cure us. Whntever they do who

B

know

24 *MEDITATIONS.*

know thee not, let not thy Church dishonour thee, nor those of thine own Houshold undervalue thy Mercies : Let not our unbelief Chase thee away, nor our ingratitude overcome thy goodness.

III. *DISDAIN* not O my Soul ! the Company of thy Inferiors, but accommodate thy self to their Innocent Customs ; help them with thy Prayers, if thou canst not with thy Power, and thy Lord in due time will Bounteously reward thee, he keeps the good Wine till the last, and then he'll fill us to the brim with joy.

IV. *TEACH* me O Lord, to Treat with every one according to their quality, and neither scorn my Inferiors, nor indiscreetly exalt them : Teach me to humble my Soul before thy Majesty, and sincerely Confess I am an unprofitable Servant ; unprofitable to thee, O Lord, not to my self ; while I gain
by

for Tuesday Morning. 25

by thy Service the Wages of Eternity: If by thy Grace, I believe thy word, and Obey thy Law, and with my whole Strength Love and Adore thee: When I have done all that I ought, which alas! is more then I do, I must still Confess I'm an unprofitable Servant.

The PRAYER.

O Lord, Create in me a clean Heart, and renew a right Spirit within me; let the Assistance of thy Holy Spirit of Grace preserve me from Sin for the time to come; for without thy preventing me, I cannot but Sin; visit me therefore O Lord, with thy Salvation, that I may live undefiled in the way of thy Commandments, and see the Felicity of thy chosen, and rejoyce and give thanks with thine Inheritance.

II. TO this End, send thy Holy Spirit into my Heart, to teach me to deny, all ungodliness and

Worldly Lusts, and to live Righteously, Godly, and Soberly in this present World, remembering the great Account I am to make at the last day; O let it subdue every Proud thought, and vain imagination, that shall exalt it self against the Scepter of thy Kingdom.

III. GIVE me, I beseech thee, either Peace from temptations, or Victory over them; in all Assaults of my Ghostly Enemy, let thy Mighty hand have preheminance and bring mighty things to pass, even Victory and Deliverance unto me the unworthiest of thy Servants, that so by the Assistance of thy Holy Spirit, I may Crucifie the Old Man, Mortifie the Works of the Flesh, subdue my Corruptions, * Vanquish * Here Name Satan, and Try- the particulars. umph over the Powers of the Kingdom of Darkness.

IV. O put thy fear into my Heart, that I may never depart from thee; put thy Love into my Heart,

Heart, that my Luke-warmness
 being raised us to the Flames and
 Fervency of Cherubims, I may
 love thee above all things, and
 loving thee above all things, I may
 fear to offend so good and so gracious
 a God as thou Art; wash away
 all my sins in that Sea of Blood
 which thy Son Christ Jesus shed for
 me and for the sins of the whole
 World; and grant that I may re-
 ceive the full benefit of his Death
 and Passion, in this most Holy
 Sacrament, with a free Pardon of
 all my sins and manifold trans-
 gressions. Amen.

Then Read the *Psalms* and *Les-
 sons* appointed for the day.

*Meditations for Wednes-
 day Morning.*

BLESSED are they that had
 rather endure Affliction
 with the People of God, than
 to enjoy the Pleasures of sin for

a Season ? This O my Soul, is the way to beatitude ; how strange soever it may seem to our sense : these are the Words of the Eternal Verity, how improbable soever they may sound to our Ear ; choose whether here thou wilt be falsely happy for a while, or truly happy hereafter for ever : if we resolve for the Bliss of the Life to come, we are like to meet with Affliction in this ; and if we place our Felicity in this, we are sure to meet with Misery in the other.

God be Merciful to me, a sinner.

II. LORD, either make me think my self Blind enough, to need the guidance of the wise, or be indeed wise enough to guide my self, that I may enter at last by thee, the door of Life, and feed my Soul on thy joys for ever. Deliver me, O Lord, from encreasing my guilt by sinning against my knowledge,

ledge, or hoping in my Ignorance to excuse my guilt; call me after thee, who art gone before, and make me hear thy Voice and follow it.

O Lord, hear me, and be merciful unto me, for thy Name sake.

DELIVER me, O Lord, from those desperate Sins, which so rarely are pardoned, that they are said to be unpardonable: Deliver me from resisting the motions of thy Spirit, and from Choaking the Convictions of my own Conscience; Deliver me, O Lord! and never let the Devil of Blasphemy enter into me, or any of thy Servants, but enter thou, O Dearest *Jesu*, and possess my Heart for ever: cast out by thy powerful Grace every wicked Spirit which Molests me; and Conquer my strong Corruptions; that else will overcome me.

O Lord, if thou wilt, thou canst make me clean.

IV. DELIVER me, O Lord, from every least degree of uncharitable provoking my Neighbour ; that I Imbitter not my Life with Mutual Animosities , nor make void my Piety by an obstinate wilfulness ; but observing the Rules of my wise Redeemer , escape the Miseries that would spring from my Follies. Deliver me, O Lord, from every least degree of unduly loving my Neighbour ; that I set not my Heart upon sensual pleasures , nor Imbroil my Memory with Impure thoughts.

Good Lord, Deliver me.

*An humble Confession of Sins
before the Holy Sacra-
ment.*

HAVE Mercy upon me, O God, after thy great goodness, according to the multitude of
of

A Confession of Sins. 31

of thy Mercies do away mine offences, for I will confess my Wickedness and be sorry for my Sin. O Lord, I am not worthy to be counted amongst the poorest of thy Servants: I am not worthy to be fed with the smallest Crums which falls from the Table of thy Ordinary Providence, but to be shut out of thy presence for ever with unbelievers and Reprobates.

Lord be merciful to me a sinner.

II. O Lord, I am the vilest, and the worst of sinners, full of Pride, Vain Glory, Impatient of Scorn, or just reproof; disobedient to my Superiours, and churlish and ungentle to my Equals and Inferiors, I am Angry and Peevish many times without Occasion, envious at Good and rejoyceing at Evil; I am negligent, Idle and useless, timorous, base, jealous and impudent, ambitious and very hard hearted, unmortified, and effe-

32 *A Confession of Sins.*

minate in my Life, indevout in my Prayers, without fervency, or affection. [Here name your particular sins.]

Lord be merciful to me a sinner.

III. I am guilty of Gluttony, and Curiosity in Meat and Drink, making Provision for the Flesh, from whence, hath sprung forth impure thoughts, which have made me prone to unclean and unjust Actions; and the spirit of unchastity, hath entred and unhallowed the Temple of my Body, which thou hast Commanded to be a receptacle for thy Holy and Blessed Spirit.

Lord be merciful to me a sinner.

ALL my senses, have been inlets of sin, mine Eyes have been Adulterous, wandring and Covetous; my Ears delighted with obscene Words, slanderous and reproachful Speeches; my Palate loose, wanton and intemperate;

perate; my Tongue talkative, Lying, Rash, and Malitious; Flattering, Irreligious and Censorious, my Hands have been unclean and slothful, my desires unreasonable and unsatiable; all the Members of my Body, and the Faculties of my Soul, have been Servants of sin, and Weapons of unrighteousness.

Lord be merciful to me a sinner.

V. I have not, O Lord, been guilty of my own sins; but I have also been guilty of the sins of others, not only by neglecting to reprove or hinder them in the ways of sin, but I have encouraged them, by taking off their Fears, and hardning their Consciences, and had tempted them directly to their Ruin and my own, but thy preventing Grace put a stop to so great a Misery.

Lord be merciful to me a sinner.

VI. THY Mercies, O Lord

34 *A Confession of Sins.*

I have abused thy judgments, I have despised, and have turned thy Grace into Wantonness; I have committed sin, and have repented, and have sinned again, I have set up resolutions, but have immediately broke them; I have tyed my self up with Vows, but presently have been tempted, and yielded by little and little, till I was willingly lost, and my Vows signified no more than vain Promises.

Lord be merciful to me a Sinner,

VII. O Lord, I stand guilty, of another heap of sins, my secret ones which are innumerable, sins of Omission, and sins willingly neglected; sins of wilful Ignorance, and voluntary mispersuasion; sins of forgetfulness, and sins which a watchful Spirit might have prevented; the multitude of them, O Lord, Confounds me, and the remembrance of them is horrible; they are a sight too loathsome,

some, and unsufferable is their Burden.

Lord be merciful to me a sinner.

VIII. YET, O Lord thy merciful Eye hath spared me to this present, and hast not cast me into Hell, among the Damned, which by my sins I have long since deserved, and to have been lockt up to an Eternity of Torments, with insupportable amazements; too long, O Lord, I have sinned against thee, and long since deserved thy severest Scourges; I have committed iniquity in thy sight, and cannot escape thy Justice, but by flying to thy Mercy.

O Lord be merciful to me a sinner.

The PRAYER.

O Lord, give me a deep Contrition for my sins. and a Hearty Detestation and loathing of them, give me Grace intirely, presently, and for ever to forsake them;
and

and grant that I may walk with Care and Prudence, with Fear and Watchfulness all my days, performing my Duty with Dilligence and Charity, with Zeal, and a never fainting Spirit.

II. Deliver me, O Lord, from extream Calamities here ; and Deliver me from Eternal Vengeance hereafter, look down with Compassion on the Work of thine own Hands, and gently Chastise me with thy Rod of Discipline ; but suffer not my weakness to be Oppressed with too heavy Afflictions, nor my Patience Tempted above my Strength.

III. INSTRUCT me how to Redeem my time, to trust in thy Mercies, and to make the best use of the means of Grace, for the Working out my Salvation with Fear and Trembling ; that thou mayest have the Glory in Pardon-
ing all my sins, and I reap the benefit of all thy Mercies, let all thy Graces guide me to a Holy life here, that I may Reign with thee
for

for ever hereafter in thy Kingdom
of Glory. Amen.

Read *Plal.* 6: 32: 38. 1 Lesson,
Ezek. 16. 2 Lesson *St. Mat.* 7.

*Meditations for Wednes-
day Evening.*

LORD, not the meanest Cir-
cumstance of my Life, but
is known to thee ; not the least
Assistance I need, but thou
kindly providest a particular
supply ; let me but do what
thou hast appointed, and I am
sure to find true, all thou hast
promised ; thy Commands are
sweet and easie, O give me Grace
to Obey them ! Thy Directions
are clear and safe ; O guide me
still to follow them.

II. BEHOLD, dear Lord, to
thee I come, and open before
thee all my Infirmities ; my
mind is Sick of the Palsie, and
my

my Faculties be numb'd with a Dead Sluggishness ; I am apt to censure the good Works of others, but slow to the performance of any my self ; heal me, O thou Heavenly Physitian, whose Mercy both Cures the Sick and Pardons the Penitent ; O make me quickly rise from the sins wherein I have lain too long, and strengthen me to Conquer my Corrupted Nature ; that I may walk towards thee my Eternal home, and praise thy Name for ever more.

III. Whether alas ! Do my Passions lead me ? How desperately does one Darling Sin engage into others. Deliver me, O Lord, in the first beginnings, and suffer not my Faults, to become strong & Customary, lest I grow at length to despise reproof, and hate my reprover. *Herod* knew *John* to be just, yet kept him in Prison ; he heard him gladly, yet Cut off his Head ; nothing

so

so imbroyl'd as a vicious Life ;
nothing so full of Contradiction
as a wicked Conscience.

IV. CLEANSE thou my
Heart, O Lord, from all Vain
and unlawful thoughts, my
Mouth from all Foolish and Idle
words, and my whole Life from
all Wicked and unprofitable
Deeds; for in that great and
terrible day, by what I am, I
shall be justified; and by what
I am, be Condemned ; how
many in that day, will rise up
against me ! How will my own
Conscience Reproach and Con-
found me ! If I neglect such
motives to repentance, if I re-
fuse the wisdom of the Son of
God, who came down from the
highest Heavens himself to teach
me.

The P R A Y E R :

O Lord God, whose Power is
Infinite, and Purity such,
that it cannot endure the behold-
ing

ing any thing that is unclean; how should I that am Forloru Dust and Ashes, very sinful Flesh, presume or dare to present my self before thee? When I look on the vileness of my Nature, and the sinfulness of my Life, I cannot choose but Cry out and say, woe unto me, I am undone, I am one of Unclean Lips: The very Prayers I make to crave Pardon for my Sins, are stained in the uttering, and must needs add to my Transgressions, if in Judgment, or Justice, though shouldest weigh or examine them.

II. BUT, O Lord, thou art a God of Infinite Compassion, Pardoning Iniquity, Transgression and Sin, that wouldest not the Death of a sinner, but that he be converted and live; thou hast not only Allowed me, but Commanded me to call upon thee, in all my troubles and distresses; thou hast promised that at what time soever a sinner doth Repent him of his sins, thou wilt put away all his Iniquities

quities out of thy Remembrance.

III. IN Obedience therefore to this thy Command, and in Confidence of this thy Promise, I am Emboldened at this time to appear before thee, Renouncing all merit, and trust, all Confidence and Assistance in my self, and relying only on thy Mercy, and the Sovereign Mediation of my Lord and Saviour Jesus Christ, in whom only thou art well pleased, and through whom, thou canst not be offended with me.

IV. O Lord, hear thine own Son for me O Lord, hear thine own self in me; that Blessed Spirit of thine, which makes Intercession for me, with Groans and Sighs that cannot be expressed; Pardon and Forgive all my sins, both Original and Actual; of Omission or Commission, of Thought, Word, and Deed, of Ignorance, Infirmary, or Presumption,* * Here Name the Particulars.
which I have at any time Committed against thee;
Nail them to the Cross of Christ,
that

that they may never rise up in judgment against me; either to shame me in this World, or Condemn me in the World to come.

V. BURY them in the Bottomless Sea of thy Mercy and forgetfulness, that they may never appear before thee to hinder thy Favours unto me; Seal the Remission of them to my Soul and Conscience, that they may not Distract or Disturb me in my Devotion; and Crush and Subdue the Rebellions of my Nature, that they may no longer Reign in my Mortal Body; and having Cleansed and Purified me, from all Spots and Stains of Sin, I beseech thee, O Lord, to pour thy Grace and Holy Spirit into me, that may enable me to walk before thee in Holiness and Righteousness, and in Sobriety, all the days of my Life.

Read Psalm 51. 102. 130. 140.
1 Lesson, Ezek. 18. 2 Lesson,
Rom. 12.

Me-

*Meditations for Thursday
Morning.*

O My Soul, we are very inconstant; sometimes we endeavour to heartily Repent, and after a while miscarry again; often we pretendedly resolve to amend, and yet sometimes forget our good purposes! Bewail thy Infirmities,, Renew thy Intentions, and be of good Comfort; our Lord has overcome the World: He overcame it with his own strong Arm, and left thee Rules, and Grace, and Sacraments to help thee; that, if thou canst not have Peace with thy Enemies, thou mayst at least have Victory over them:

II. Often, O Lord, thou invitest us to thy Holy Table, and often do we neglect and refuse to come; thou invitest us to the Pleasures of a Virtuous Life,
and

and the continual Feast of a good Conscience, thou providest a Heavenly Banquet, and makest thy Son himself our Delicious Entertainment; O Cloath us, Gracious Lord, with the Wedding Garment of Charity to thee, and one another; that we may Enter with Joy into the Marriage Chamber, and Sit down as happy Guests in thy Kingdom for Ever. Let us not Trifle away our time in Wandering up and down, nor prefer a Petty Interest before thy Glorious Rewards, least we be Confounded when our King shall come in Majesty, and Command the unprepared into Chains of Darknes.

III. THOU art, 'O *Jesu*! the true Coelestial *Manna*, of which whoever Eats shall Live Eternally; thou art the Bread of God that Descended from Heaven, of which, who ever Feeds shall never Hunger: Cast me not out, O Lord, whom thy
Mercy

of a Mercy has Adopted into thy
 providest own Family; but give me this
 I mak. Bread of thy Children for Ever.
 Delici. Thou who camest down to do
 Cloath thy Fathers Will, and has
 h the taught me 'tis thy Father's
 charity Will, that of those he has given
 r; that thee, none be lost.

into IV. Murmur no more among
 and Sit your selves, unhappy Atheisti-
 n thy cal Dis-believers of the Myster-
 us not ries of Heaven; be no more
 Wan. Incredulous, but submit your
 prefer Reason to him whom you know
 y Glo. to be Infallible. The Bread I
 e Con. will give is my Flesh for the
 g shall Life of the World, which Re-
 mand ceived by Faith, is the Souls
 ins of Nourishment. Draw them, O
 Jesu! Heavenly Father! that they
 a, of may come to thee; receive
 Live them, O Gracious Jesus! and
 Bread Teach their Hearts to believe
 from what thine own Blest Mouth
 ever has so clearly taught them.

Cast
 n thy
 Mercy

The

The PRAYER.

OH ! Most Glorious, and most Power ful Lord God, whose dwelling is above the Heavens in Light in Accessible, and thine Eyes run to and fro, to behold the things which are in Heaven and in Earth, neither is there any thing which is not Naked and open unto thee; for thine Eyes are Ten Thousand times brighter than the Sun , beholding all the Ways of Men.

II. LOOK upon me O Lord, who am the unworthiest of all thy Servants, thou hast made me a Member, O Lord, of that Mystical Body whereof thy Son Christ Jesus is the Head, make me therefore sensible of the necessities of the Catholick Church ; I beseech thee to be merciful unto it, and to every Member of the same, wheresoever Dispersed, howsoever Distressed, or by whomsoever Dispersed throughout this Universal World.

III.

III. Oh Lord, call them that are yet Strangers, and have not yet heard of thy Name; reduce and bring home those that are gone astray, and wander; raise up all that are fallen, and confirm and strengthen such as do stand; bind up all that are Broken, and heal all that are Bruised; Unite us all in soundness of Doctrine, by the Spirit of Truth, in holiness of Life, by the Spirit of Sanctification, and in Brotherly Compassion, and Christian Affection, by the Spirit of Love.

IV. O Lord, I beseech thee, to open the Bowels of thy Mercy, and to pour out thy tenderest Compassion upon all such as mourn under the weight of their Afflictions; many are the troubles of thy poor Servants, and thou only knowest how to deliver them out of all their troubles; whether therefore any be inwardly distressed in Soul, Mind, or Conscience, or outwardly Afflicted in Body, Estate or good Name; I beseech thee, give them

them speedy ease out of their misery, or Patience to endure what thou shalt be pleased to lay upon them.

V. I beseech thee to open the Eyes of those that lie on their Beds of Sicknes; Oh! thou that art the God of Health, and sender of Sicknes; Sanctifie thy Visitation unto them, make their Beds in their Sicknes, lay no more upon them than thou wilt give them strength and Patience to bear, and if it may stand with thy Gracious Will, grant that they may recover their former Health, to do thee Service hereafter.

VI. BUT if thou that knowest what is best needful for them, hast determined at this time, to take any of them unto thy self, O Lord, I beseech thee to fit and prepare them for the hour of Death; give them a true feeling of their sins, and a lively apprehension of thy mercy in Christ Jesus, that so surely Repenting of thee one, and cheerfully laying hold

bold on the other, they may with Confidence and Comfort resign up their Souls into the Hand of thee their most merciful Creator and Redeemer. Amen.

Read the Psalms, and Lessons for the Day.

Meditations for Thursday Evening.

PREPARE my Heart, O God, to receive thee, whom my Soul loveth; for thou hast the Words of Eternal Life: Blessed O gracious *Jesu*, be the sweetness of thy Spirit, which so kindly invitest me to refresh my weariness. I know, and thine own sure word has told me, If I Labour for thee here, I shall rest with thee hereafter. Lord, make me follow thee wherever thou goest, and strive and run to be

50 Thursday Evenings.

first in thy Presence ; there I shall meet a Mercy that will regard and pity me ; there I shall find a goodness that will teach and relieve me.

II. WRITE all thy Holy Truths in my Soul, O Lord, and Print thy Love in the Center of them all; there let it sit as Sovereign Governour, and absolutely dispose of all my interests : Let it command my Tongue to confess thee, and no fear of Danger make me ever deny thee; let it command all my Powers to serve thee, and nothing but thy Love find place in my Heart.

III. O when shall I come to thy Holy Table, to tast of thy most delicious Banquet ; to hear those Sweet and Ravishing Words, *He dwells in me, and I in him* : sweet in excess to the Soul that loves, and Tasts the joys of this heavenly Converse , and feeds on the wonders of this admirable Union :

on: *He dwells in me, and I in Him.* O Blest and Glorious Words! What can be said more full of Grace and Strength and Supernatural Mystery? Here they alone are my Heaven on Earth, and will hereafter be my Heaven in Heaven.

IV. To thee my great Creator! I humbly Sacrifice the Noblest faculty thou hast given me; to thee, and to the Obedience of thy Truth, I entirely Resign and Captivate my understanding. Thy Words, O Lord, in thy Holy Sacrament, are Spirit and Life unto me; O make my Faith be quick and Active to thee, in receiving so great a Salvation: Shall I go back and forsake my God, because he humbles himself to approach towards me? Shall I refuse to Learn of my Master, because his Lessons exalt me, above my Nature.

The PRAYER.

O Lord, I am too weak to serve thee, in my Natural Power, and not careful to improve the Aids of thy Spirit; I am full of inconsideration and carelessness, desirous to be accounted Holy of Men, but careless of being so to thee, my God; I am unstedfast, O Lord in all my ways; * but, * Here Name enable me to confess my Faith, the Parti- culars. in despite of all the Oppositions of Satan; to Publish thy Laws, submit to thy dispensations, and to Glorifie thy Holy Name, by Holy living and dying.

II. BLESS me, O Lord, with all the Blessings, and Assistance of thy Spirit and Providence; let the Daily Sacrifice of Prayer, and Eucharist in thy Church never cease, but for ever be presented unto thee, United to the inter-

intercession of our Lord, and for ever prevail for the obtaining to all her Sons and Daughters, Grace, and Blessing, Pardon, and Holiness, Perseverance, and Glory. Unite my Heart and Tongue; take away the Spirit of Error and Division from me, that my Religion and Devotion may increase, whereby thy Truth may be promoted, and thy Name Glorified, and me thy unworthy Servant Instructed, and Comforted, let thy Spirit Rule, and all Interest Stoop and Obey, Publish, and Advance the Intorest of the Lord Jesus.

III. EXTEND thine Accustomed goodness to all thy People; to Old Men, Prudence, and Liberality to Young Men, Obedience, Temperance, Health and Diligence, to Merchants, Justice, and Faithfulness; to Mechanicks, and Artisans, Truth and Honesty, to all Married Pairs, Faith, and Holiness, Charity, and sweet Compliances; to all Christian

*Women, the Ornament of a meek,
and a quiet Spirit, Chastity and
Charity, Patience, and Obedience,
a Zeal of Duty and Religion.*

*IV. TO all that are Sick and
Afflicted, distressed in Conscience,
or Persecuted for it, give Pati-
ence and Comfort, a sincere Re-
pentance, and a perfect Resignati-
on, a love of God, and a Perse-
verance in Duty, proportionable
Comfort in this Life, and an
Eternal weight of Glory in the
Day of our Lord Jesus Christ.
Amen.*

*Read the Psalms and Proper
Lessons appointed for the
day.*

Friday

Friday Mornings Meditations, On the Life of the Holy Jesus.

On the Incarnation of our Blessed Redeemer.

O Most Blessed Jesus, who for the Redemption of the World, Vouchsafest to be made Man; by the ever Blessed Merits of thy Mystrious Incarnation, grant me to become one Spirit with thee, who became one Flesh with me.

Nativity.

II. Blessed Jesus, who wast Born of a pure Virgin, by the power of the Holy Ghost; grant me by the same Almighty Power, to possess a pure Virgin Soul, in a pure and Chaste

C 5

Temple

Temple of my Body, and to be Fruitful in all good works to my lives end.

Circumcision.

III. Blessed *Jesu*, who was Circumcised, and made Obedient to the Law for Man; grant unto me, I humbly beseech thee, the true Circumcision of the Spirit, that my Heart, and all my Members may be Mortified from all Carnal and worldly Lusts, that I may in all things Obey thy Blessed Will.

Baptism.

IV. Blessed *Jesu*, by the Merits of thy Holy Baptism, wash me thoroughly from my Wickedness, and Cleanse me from my Sins, whereby I have Defiled those Sacramental Waters of my Baptism, and perjuriously broken my Vows and Promises made therein. - *Fa-*

Fasting.

V. Blessed *Jesu*, who didst Fast Forty Days and Forty Nights ; Pardon and Forgive me all the manifold Acts of Rioting, and excess I have been guilty of : and give me Grace to use such Abstinence, that my Flesh being subdued to the Spirit ; I may ever Obey thy Godly motions in Righteousness, and true Holiness to thy Honour, and Glory.

Temptation.

VI. Blessed *Jesu*, who in thy Holy Fasting, was Tempted by *Satan*, and by thy Almighty Power, didst Conquer him ; grant me, by thy Blessed Spirit, Devoutly to entertain the Holy Duties of Prayer and Fasting, that by the Power of thy Victory over the Devil, I may have Strength and Power

Power of over *Satan* ; the
World and the Flesh, and con-
tinue thy Servant to my Lives
End.

Doctrine and Example.

VII. Blessed *Jesu*, who in
thy Prophetical Office , didst
Preach the Gospel, and Heal
all manner of Sickneses and
Diseases among the People;
and by thy Doctrine and Ex-
ample, art the way and the
Truth that leads unto Life:
Grant me to believe aright, all
thy Revelations, to Obey all
thy Commands, to walk in thy
Steps, and to follow thee, the
Light of the World , that I
walk not in Darknes.

*Christ Conspired against and
Betrayed.*

VIII. Blessed *Jesu*, whose
precious Life was Conspired
against, by Disbelieving *Jewes*,
and

MEDITATIONS. 59

and wert Betrayed, and Sold
by one of thy own Disciples
for a Vile Price : Deliver me,
I Humbly Beseech thee ,
from all the Conspiracies of
my Ghostly and Bodily Ene-
mies, but especially from the
Treachery of my own Heart,
and the Rebellion of my Flesh,
which for things of no Value,
betrays my Soul to its utter
Ruin and Destruction.

His Agony in the Garden.

IX. Blessed *Jesu*, thy bitter
Passion was in a Garden ,
where thy Soul was sorrowful,
even unto Death ; Sanctifie,
O Lord, all my Infirmities and
Passions, Comfort me in all my
Troubles , and Compose my
mind with such a frame
of Spirit, that I may be sensi-
ble with a Godly Sorrow of
that Heavy Wrath and Curse
for sin, which thou sufferedst
for me, and all the World.

His

His Bloody Sweat.

X. Blessed *Jesu*, who upon the Cold Earth, didst Sweat Drops of Blood, under the Load of our Sins, and Apprehensions of thy ensuing Sufferings; thou offerest up strong Crys and Tears unto him that is able to save: O that my Heart might inwardly Bleed Tears of Compassion and Contrition, and vent forth fervent and effectual Prayers with Tears of Devotion, as to be heard in Heaven, and healed of all my sinful Infirmities.

His Submission.

XI. Blessed *Jesu*, who didst submit with Patience unto the Will of thy Heavenly Father; Endue me with the same Spirit of meekness and Patience, submitting my self unto the Will of God, in prosperity and adver-

MEDITATIONS. 61

adversity, Health and Sickness,
Life, and Death.

His Apprehension.

XII. Blessed *Jesu*, thou wast
Apprehended, and bound as a
Malefactor, but wert clearer
than an Angel of Light; O
let not my Soul be Arrested
by Infernal Fiends, to Eternal
Horror in the other World, but
from the Eternal Malice of the
Spirits of Darkness, and from
the Bonds and Chains of my
Sins. *Good Lord Deliver me.*

THE PRAYER.

O Lord, most Holy, my sins
are more in number than
the Hairs of my Head, and the
weight of them Cries a loud to
Heaven for Mercy; I beseech thee,
O God the Father of Heaven,
thou great Creator and Preserver
of Man, despise not the Work of
thine own Hands, O God the Son
that

that camest into the World to save Sinners, Remember not my Offences, neither seek thou Vengeance of my sins, but good Lord spare me thy unworthy Servant, whom thou hast Redeemed with thy most Precious Blood, and be not Angry with me for ever; O God, the Holy Ghost, that Despisest not a Broken and Contrite Heart, let it pity thee, to see these thy Temples of my Soul and Body thus Ruined by sin and wickedness; O Holy, Blessed, and Glorious Trinity, Three Persons, and One God, have Mercy upon me a Miserable Sinner.

II. A Sinner, and a grievous Sinner I am; teach me, O God, to grieve that I am so, give me a Broken and a Wounded Spirit for all my Transgressions; Break this Stony Heart of mine, yea take away this Heart of Stone from me, and give me a Heart of Flesh, that I may tremble at the Voice of thy Law, and melt at the Sight of thy Judgments, and Accuse
and

and Condemn my self, and be ready to joyn with thee to do Justice upon such a sinner as I am ; but least I should faint through the smart of the many fresh Bleeding Wounds which my sins have given my Soul ; Oh ! do thou uphold me by thy Right Hand, and pour into my Wounds that precious Balm of Gilead, a true and a lively Faith in the full satisfaction that thy Son hath made to thy Justice, for the sins of the whole World, and through his Cross and Passion, through his most Precious Death and Burial, through his Glorious Resurrection and Ascension, I beseech thee, be thou Reconciled unto me.

III. O Lord, for his sake, Pardon all that is past, lay none of my sins to my Charge but Blot them all out of the Book of thy Remembrance ; Wash me, O wash me, thoroughly from my sins, and cleanse me from my Unrighteousness, in the Blood of Jesus Christ. Lord let his Blood that speaks better

ter things than that of Abel, cry
 louder for mercy in thine Ears,
 than do my sins for Vengeance,
 be sprinkle my Polluted, but Pe-
 nitent Soul, In the Blood of Jesus,
 that thy wrath may pass over me,
 and that the light of thy Counte-
 nance may shine upon me.

IV. **SEAL** unto my Soul, the
 free Pardon and forgiveness of all
 my sins, and say unto my Soul, I
 am thy Salvation; Oh! do thou
 by thy Spirit assure my Spirit that
 I am thy Child, and that thou art
 Reconciled unto me, in the Blood
 of Jesus, and to this end, work
 into me, a Detestation of all my
 former Wickedness, help me in
 the Mortification of all my Vile
 and Corrupt Affections; Crucifie
 in me the Old Man, the whole Body
 of sin, that I may Die unto Sin,
 and live unto Righteousness; and
 be made a fit Partaker at thy
 Holy Table.

Read Psal. 22. 40. 54. 1 Less.
 Gen. 22. to v. 20. 2 Less. St.
 John 18. Friday

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Friday Evenings Meditations. On the Passion and Death of the Holy Jesus:

His Arraignment and Condemnation.

BLESSED *Jesu*, thou wast Seized, and Led as an Innocent Lamb to the Slaughter; thou wast Reviled, falsely Accused, and Unjustly Condemned, by unjust Earthly Judges, who was thy self the most just Judge of Heaven and Earth; O Lord, be not a Severe and Angry Judge, when I shall stand before thy Tribunal, but be thou my Mediator and Advocate to answer for me; and I humbly beseech thee, to Deliver from the Accusations of the Devil and his Angels, from the Accusations of all those who have been
Conscious

66 Friday Evening.

Conscious of my many sinful
Pollutions, and from the Ac-
cusations of my own Consci-
ence in the day of Judgment.

Spitted Upon.

II. Blessed *Jesu*, whose Face
was fairer than the Children
of Men, and brighter than the
Sun in its full Glory ; was Spit
upon by filthy and Ignominious
Persons : Oh ! turn thy Face
away from my sins, whereby I
have Polluted my Soul, and
Prophaned thy Name : But
hide not thy Face from me,
who for my sins didst not
turn thy Face from being Spit
upon by the Barbarous *Jews*.

Buffeted.

III. Blessed *Jesu*, who wast
Cruelly Treated by the Soldi-
ers, with their Intolerable Rude-
Cuffs, and hard Injurious Buf-
fets : Grant Lord, that though

MEDITATIONS. 67

sinful
Ac.
onsci.
ment.
I may feel, yet let me not be
Vanquished by the Buffets of
Satan.

Forfaken of his Friends;

Face
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n the
e Spit
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Face
e by I
and
But
a me,
nor
g Spit
ews.
Blessed *Jesu*, thou wast Con-
tent to be forfaken of all thy
friends, and dearest Disciples,
and to be left in the hands of
Cruel Men, who Thirsted after
thy precious Blood; .O leave
me not destitute of thy Divine
Presence, when I am Assaulted
by my Ghostly Adversaries;
but be for ever with me, and
defend me from all their Ma-
lice, and protect my Soul in
all dangers.

Denied by Peter.

o wast
Soldi
Rude
s But
nough
I
Blessed *Jesu*, thou with in-
finite goodness and meekness,
lookedst back on St. *Peter*,
when he denied, and forswore
thee, and by thy gracious look,
didst call him back, both to
himself

himself and thee, by true Repentance: Oh look thus upon all Back-sliders from thee, for their sincere Conversion; and look upon me also, and be merciful unto me.

Scourged.

Blessed *Jesu*, thou was Whipped by a merciless Cruelty of Soldiers, and thy Delicate skin was Torn, and redoubled with their Lashes, that the Blood Streamed down thy Innocent Sides; but since, O merciful Lord, thou was wounded for my Transgressions, and Bruised for mine Iniquities: O let thy Chastisement procure my peace with Heaven, and grant that by thy Stripes my Soul may be healed.

Crowned with Thorns.

Blessed *Jesu*, thy Head was Crowned with Thorns, and

those

MEDITATIONS. 69

those beaten into thy Temple,
 with much Rage and Fury:
 Pardon, O Lord all those sins,
 my Eyes, Ears, and Tongue,
 those Instruments of my Head
 have been guilty of: Break
 not the Bruised Reed, my
 broken Heart, with the pressure
 of thy heavy Wrath, but let
 thy Thorns the Fruits of the
 Curse which we Contracted and
 thou sustainedst, deliver me
 from the Curse due for my sins.

Renouncing the World.

Blessed *Jesu*, who art the
 King of Glory, yet wast Con-
 tent with a Cross for thy Throne,
 a Wreath of Thorns for thy
 Crown, and a Reed for thy
 Scepter; thy Entertainment
 was Gaul and Vinegar, and for
 thy Robes, only a little Linnen
 to cover thy Nakedness: O that
 I were so wise, as from thy ex-
 ample, to despise all the Guild-
 ed Glories, and Vanities of
 this

this Life, and to choose with *Moses* to suffer Affliction, with the People of God, than to enjoy the Pleasures of sin for a Season.

Bearing his Cross.

Blessed *Jesu*, who did with Patience bear thy Cross, till it sunck thy Body to the Earth: O let me not sink under thy Cross, nor shrink from it, but rather chearfully to take it up, whatever it be, and carefully to undergo all the Sacred Acts of true Repentance; following thee, O Lord, who sufferedst for me, leaving me an Example, that I should follow thy steps.

Crucified.

Blessed *Jesu*, who didst Hang on a Cursed Tree, to Abolish the Curse contracted by Eating the Fruit of the Forbidden Tree, thou wast numbred with
the

MEDITATIONS. 71

the transgressors, and Crucified among Thieves : O draw my hard and Stony Heart unto thee, and deliver me from that Curse which my sins have Contracted, and rank me not among the Goats on the Left, but among the Sheep on thy Right Hand, in the great day of Judgment.

His Body Tormented.

Blessed *Jesu*, all the parts & Members of thy Body were stretched on the Cross; thy blessed Arms and Leggs were by such violence distended, that the Joynts were disparted, the Veins burst, the Sinews Crackt, the Skin Rent, the Flesh Tore, and all the Bones Started a side: thy Innocent Hands and Feet were Nailed, for the sinful works of my Head, Heart, Hands and Feet; but I beseech thee Nail them to thy Cross, which were the cause of thy Crucifixion, hide
D them

72 Friday Evening, &c.

in thy Wounds, who wast
Wounded for my transgression,
and write those Wounds of
thine in my Heart, not with
Ink, but with thy Blood,
which was shed for me.

The Sufferings of his Soul.

Blessed Jesu, the Sufferings
of thy Soul, was exceeding
great, being like melted Wax
in the Furnace of God's Wrath,
for the sins of the World, when
the fulness of thy sufferings be-
ing accomplished, thou Com-
mendedst thy Spirit into the
Hands of God: Grant O Lord,
that I may Die unto sin, and
Live only unto thee, and by
thy bitter Cross and Passion,
Cleanse me from all Filthiness
of Flesh and Spirit, that I may
perfect Holiness in thy Fear.

The

The PRAYER.

O Lord, without thee I am not able to do any thing, much less any thing that is good; come therefore, Oh thou Father of Lights, dispel and scatter from my Soul the Foggy Mists of sins and Ignorance, that in thy Light I may see Light; come O thou Power of God, and set up thy Throne in my Soul, and sway thy Scepter there, and bring into subjection every high thought, and every high imagination that exalteth it self against thee: Come O thou Wisdom of God, and discover to my Soul the Folly of Sin, the Vanity of the World, and the deceitfulness of my own Heart.

II. TEACH me, I humbly beseech thee to Eschew Evil, and cleave to that which is good; Come, O thou goodness of God, and shed abroad the love of God in my Heart, that I may love thee my God above all things, and my Neighbour for thy sake: Tea,

my very Enemies for Jesus Christ his sake, and after his Example, who Died for me, while I was yet his Enemy; fit me with all Graces, necessary for all Events, with strength to resist all the Temptations of Satan, to keep my self unspotted from the World, to subdue my Passions, my Vile and Corrupt Affections, with Patience to bear Afflictions, and with a contented Resolution, to undergo whatsoever thy hand shall be pleased to lay upon me, that whether it be in Life or in Death, in both I may be thine.

III. I know O Lord, my sins are increased above measure, and my Iniquities are gone over my Head; Nay, they are gone up to Heaven, and have pulled down thy Vengeance upon me; yet how long Lord wilt thou be Angry? for ever? Shall thy Jealousie Burn like Fire? O remember not against me, the sins and offences of my Life past; but let thy tender Mercy speedily prevent me, lest I be brought

brought to great misery; help me, O help m, O God of my Salvation, for the Glory of thy Name, O deliver me and be merciful unto my sins for thy Names Sake.

IV. But in the midst of Judgment Remember Mercy; Pardons all my crying sins, Reverse thy fearful, though justly deserved judgments, and that which is the most dreadful of all judgments, and continues thy judgments, hardness of Heart, contempt of thy Word and Commandment; restore thy wonted though undeserved Mercies; give Peace in my time, O Lord, and let the Gospel of Truth flourish, even until thy Sons coming to Judgment: and that for his sake, who is the Prince of Peace, and that shed his most precious Blood to purchase our Peace.

V. O thou, that art the Author of Peace, and lover of Concord, Compose I beseech thee, all unhappy differences, and divisions

75 *A Prayer for, &c.*

That are among us ; take away from all Mens Hearts the Spirit of Division and Contention, the Spirit of Blood Thirstiness and Revenge, the Spirit of Pride, Blindness of Heart. Vain Glory and Hypocrisie, of Envy, Hatred, Malice, and all Uncharitableness ; and give us the Spirit of Peace, Unity and Concord ; the Spirit of Moderation, the Spirit of due Obedience, and above all the Spirit of thy Fear, that we may at length meet and live in the Unity of the Spirit, and in the Bond of Peace, and with one Mouth Praise thee, our God, and with one Heart, love one another

*Read Psal. 69. 88. 1 Lesson.
Isa. 53. 2 Lesson. 1 Pet. 2.*

Saturday

*Saturday Mornings Medi-
tations.*

LORD, I confess without thee my endeavours are in vain, and without thy blessing my hopes can never succeed; but I also know thou rewardest those who Obey thee, and failest not to relieve with a generous bounty, those who depend on thee; O give me 1. Thy Grace to observe my part, and I'll not fear the performance of thine; thou callest to thy self the Poor and Humble, to Eat and Drink at thy Holy Table; those who faithfully live together in Unity; thou graciously invitest to thy Royal Feast: preferring them all to thy friendship here, that they may be partakers of thy Glory hereafter.

II. MY Soul, if thou at any time loose the presence of thy God, thou wilt be sure to find him at his Holy Table, there seek him with Grace and perseverance, seek him with Prayers, and Sighs, and Tears; and be sure at last thou shalt find him with joy: He hides not himself, that we may not find him, but that we may seek him, and be hereafter more fearful to loose him: Despair not, he again will shew himself, only go on and seek him still with hope; and be sure thou wilt meet him at his Heavenly Feast.

III. HAPPY are the Ears that hear thee speak, O Blessed *Jesu*! Happy are the Hearts that feel the Power of thy Word, O thy Holy One of God! For thou Commandest with Authority all Unclean Spirits, and they Obey thee: rescue me, O Lord, from the Snares of Satans Temptations,
and

MEDITATIONS. 79

and Powerfully Chace away the Enemies which disturb my Peace ; that they Tear not my mind with distracting thoughts nor trouble my repose with impure fancies.

IV. SO sweetly efficacious is thy Grace, O Lord, that immediately it draws all Souls unto thy Heavenly Banquet ; so kindly Condescending is thy Clemency, that thou presently embracest them in thy Arms of Mercy ; when they come unto thee, thy own blest Mouth, hath meekly spoke the mildest Lesson to win us to thee ; *I will have Mercy, and not Sacrifice ; for I came not to call the Righteous, but Sinners to Repentance ;* Lord, I confess my sins, I confess my need of thy Mercies : but my hope is great, that thou wilt abundantly Pardon me , whilst I hear thee so graciously remember thy Ancient Promises , and so powerfully urge them in favour

of sinners; quicken my Faith, O Lord, and make it Active, that I may receive thee with thankfulness, who so kindly callest me.

The PRAYER.

O H Eternal, most Gracious, and Merciful Father, I am here come into thy Presence, with Confidence, seeing that my Conscience tells me, I have broke all thy Commandements, as I have sinned in Thoughts, and Words, in Thoughts more than I can think, and in Words more than I am able to Express; the number of them are so great, that I have scarce Room for any more; I am impure, but thou of purer Eyes than to behold iniquity.

II. BUT if thou shouldest enter into judgment with me, I were not ab'e to stand before thee, I Confess there is but one way, to flie from thee, as an Angry God, which is to flie to thee, as a reconciled

conciled Father, reconciled in the Blood of thy Son Jesus Christ, to fly from the strict Bar of thy judgment, to thy tender Bowels of Compassion, not according to my Merits, but according to my necessities, so I humbly beseech thee Pardon all my sins past, and strengthen me against sin, for the time to come.

III. TO this end, I beseech thee Awaken my Dead Conscience, confirm my judgment, enlighten my understanding, conform my Will, Reform my Life, Enflame my Zeal, Strengthen my Faith, and that from henceforth, I may live unto thee, and serve thee, Lord give me Repentance, not to be repented of, that hope which will not make me ashamed, and that Peace of Conscience which passeth all understanding: give me the World, but that World which passeth knowledge, give me Faith, but that Faith which is in Christ, and that Wisdom which leads to understanding.


IV. Lord prepare my Soul and Heart to meet thee, at thy Holy Table, that I may feed my Soul with thy loving kindness, and not depart from thence without a Blessing; give me Grace evermore to fear thee, and to preserve a tender Sence of my Duty towards thee, and Conscienciously Obey thee in all things, that so by the Virtue of his Sacrifice of himself, all my sins may be Washed away in his Blood, and be remembered no more.

Read the *Psalms* and Proper Lessons appointed for the day.

Saturday Evenings Meditations.

BEHOLD me, O Lord, in this State of Misery, and no hope left me, but in thy Mercy: here I must lie kept down with

with my sins, unless thy Clemency take pitty on me. Enlighten, O Lord, the Blindness of my understanding, and Straighten the Crookedness of my Will, and heal all the Infirmities of my weak Nature: O do thou thoroughly Cure me that I sin no more, but immediately take up my Heart, which too long have Cleaved to this Earth, and bear it after thee, to walk from henceforth the ways of thy Commandments.

II. WHEN thou art present with me, O thou Heavenly Spouse, of my Soul! When thou art pleased to stay and dwell in my Heart, how strangely dost thou fill it with joy and sweetness! Whatever happens, I cannot be sad while thou art with me, nor pleasant if thou leavest me: infuse thy Holy Love into mine Heart, O Lord, and make me faithfully hold it fast for ever; that I loose
 not

93 MEDITATIONS.

NOT my self by neglecting thy Grace, but preserve them both to Eternal Life.

III. BUT alas ! How quickly am I weary of praying to my God ; how apt to give over my expectance from him ! Who yet, as soon as he sees my necessities, begins my relief, and leaves not off till he has perfectly finished it : Let me not fear, but believe and Obey, and my Soul shall be safe ; why am I so impatient when any trouble befalls me , and why do I disparage the extraordinary proceedings of God ? though I am Dead in sin and sorrow he can revive me, and give me strength to walk in the ways of Life ; he will give me, that Bread which came down from Heaven , yea his own self, which he gave for the Life of the World.

IV. BUT 'tis not for Flesh and Blood to follow thee, O thou great Exemplar of Sublime

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Flesh and Blood to perform
the Excellencies of an Evange-
lical Life ; but to the Almighty
Grace of God, nothing is impos-
sible ; every excuse is welcome
to me, every little difficulty is
enough to divert me ; I am
afraid of the hardship of Pover-
ty, I am in Love with my Kin-
dred and Acquaintance ; and
never can Nature alone over-
come these difficulties ; but thou,
O Lord, canst find a remedy, and
compose in me such a frame of
Spirit, whereby I may Vanquish
all those thoughts which keep
me from thy Glorious presence.

The P R A Y E R.

O Eternal Lord God, Infinite
in thy Greatness, Incom-
prehensible in thy Glory, whose
Pure and Just Eyes cannot be-
hold either Sin or Sinners with
the least look of approbation ; be
not offended with me thy unwor-
thy

thy Servant, O Lord who art a Merciful and Reconciled Father to all such sinners as sincerely desire, and endeavour to Repent and believe; thy providence hath preserved me unto this moment, to offer unto thy Majesty my Evening Sacrifice, beseeching thee, to make me a fit partaker at thy Holy Table.

II. I have been a foul and flat Idolator, erecting the Idols of my own profit and pleasure, in the Chappel and Closet of my Heart, and then, and there have fallen down upon the bended Knees of my Soul, and worshiped them, by regarding my lust more than the fulfilling thy Will in thy Word; that Sacred Name of thine, whereby I hope to be Saved, I have taken in vain, I have done that on thy day, the Lord's Day, which I can justifie or a Vouch on no day; I have not given that Reverence and Respect to my Superiours; I have broken all thy Commandements of the Second Table in my Demeanour towards

towards my Neighbour, and in my
Deportment to my own Soul and
Body.

III. O Lord, I have been
ashamed to confess my sins in the
presence of the World, but I have
been Vile, and bold, and no whit
ashamed to commit them, when I
knew full well, that thee, the great
God, of Heaven and Earth, did
at that instant behold me, Oh!
lend me thy Spirit effectually, to
admire thy Patience and Long-
Suffering towards me, who per-
mits such a Profane and Presump-
tuous sinner at this hour of my
Life still to remain from everlast-
ing Burnings.

IV. SURELY, Lord, there
are many in that Pit of Perdition,
whose sins against thee, were ne-
ver Aggravated with those high
Circumstances; O Lord, I have
no Variety of Reasons to move thee
to Mercy, I have no Exchange of
Motives to persuade thee to Pity,
but only the same, over and over
again, for thy own sake, for thy
Names

*Names sake, for thy Mercies sake,
for thy Son, and my Saviour
Christ Jesus his sake, forgive my
Sins, for they are great; wash
the Guilt and Filth of my sins
away in his Blood; and Lord for
the time to come, give me Grace
to spend the remainder of my days
to thy Glory: In whose most pow-
erful Name I sue unto thee, for
all that is comprehended in this
my weeks preparation (or what-
ever else for want of Memory I
have Omitted) in thy most perfect
form of Prayer; saying, Our
Father, &c.*

*Read the Psalms and Lessons
for the Day.*

*Sunday Mornings Medi-
tations at Home.*

WELCOME Blest day
unto my Heart, but
far more Welcome unto my
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Soul; I have now put off the Old Man with his Affections and Lusts, and I must now put on my Wedding Garment, even the Lord Jesus Christ, that I may be made wholly conformable to him, in the Image of his mind: that my Soul may be Clothed with his Righteousness, and all its faculties proportioned and vested according to the perfect Pattern of Christs Life.

II. THIS is the day of the Holy Feast, therefore, my Soul, lay aside all Cares and Imperinences of the World, remember this day is appointed for thee, a day of Traffique and Entercourse with Heaven; O Lord, therefore will I magnifie thy Holy Name, and evermore adore thy goodness; O What a happy opportunity my God hast thou given me, of receiving the greatest favour, I can receive in this World? even the Body and Blood, of my dearest Saviour.

III.

100 MEDITATIONS.

III. O Lamb, of God, thou hast used many Arts to save me, when I was lost, thou hast given thy Life to Redeem me when I was a Slave to Sin and *Satan*, and thy Holy Spirit to Sanctifie me; O now come Lord *Jesus*, come quickly: My Heart is desirous of thy Presence; Thirsty for thy Grace, and I am earnest to entertain thee, not as a Guest but as an Inhabitant to dwell with me forever.

IV. LORD, the place thou art Invited to, is full of Passion, and Prejudice, Disobedient, Lustful, and Intemperate, and full of sad Remembrances that I have often provoked to Jealousie and to Anger thee my God, my dearest Saviour, him that died for me, him that Suffered Torments for me, that is Infinitely good to me, and infinitely good & perfect in himself; Lord I am as sure thou didst the great Work of Redemption for me, & all

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all Mankind, as that I am Alive:
This is my Hope, the Strength
of my Spirit, my Joy and my
Confidence: Here I will dwell,
for I have a delight therein:
Here I will live, and here I de-
sire to Die.

V. LORD, whither shall I
go but to thee? Thou hast
the Words of Eternal Life:
as the Hart desireth the Wa-
ter-Brooks. So longeth my
Soul after thee, O God, my
Soul is a Thirst for God, yea
even for the Living God, when
shall I come and appear before
the Presence of God? O send
out thy Light, and thy Truth,
and bring me unto thy Holy
Hill, and to thy dwelling: and
that I may go unto the Altar of
God, even unto the God of my
Joy and Gladness: and with my
Heart will I give thanks to thee,
O God, my God.

A Prayer at Home, before the Sacrament.

O Blessed Jeshu, 'tis thy Blessed Body, that my Soul longs for, and to be satisfied with thy Pretious Blood, for its Purification and Nourishment; Vouchsafe Holy Jeshu, to enter this Day into the House of thy Servant: that with Holy Zacheus I may within receive from thee, that joyful Benediction: this day is Salvation come to thine House.

II. *THY* Body, O Blessed Jeshu, is my Food, and thy Righteousness is my Robe, thou art both the Priest and Sacrifice, the Master of the Feast, and the Feast it self, my Souls Physitian, the Light of my Eyes, and the Purifier of my Stains: O Enter now into my Heart, and cast out from thence all Impurities, even all the remains of the Old Man.

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III. AND grant I may partake of this Holy Sacrament with much Reverence, Holy Relish, and great Effect, receiving thence the Communication of thy Holy Body and Blood, for the Establishment of an unreprouable Faith, of an unfained Love, for the fulness of Wisdom, for the healing my Soul, and preservation of my Body, for the taking out the Sting of temporal Death, and for the Assurance of a Holy Resurrection, for the Ejection of all Evil from within me, and the fulfilling all thy Righteous Commandements, and to procure for me a Mercy, and a fair Reception at the Day of Judgment.

IV. O God, the Bread of Heaven, and Life of the World; I have sinned against Heaven, and in thy Sight, and am not worthy to be made partaker of thy most Holy Mysteries: But Vouchsafe as a Merciful God, to make me worthy, by thy Grace, that I may not receive thy Holy Body and Pretious

104 SACRAMENT.

Pretious Blood to my Condemnation, but unto the Remission of my sins, and Everlasting Life. Amen.

Intercessions.

O God have Mercy upon poor Mankind, enlighten all that sit in Darkness, and in the Shadow of Death, reveal thy Son, and his saving Gospel to those *Asiaticks, Affricans, and Americans*, that never heard of a Crucified Jesus, add the fulness of the *Gentiles*; to the Recollection of the *Jewes*, that there may at length be one Sheepfold, under that one good and great Shepherd Christ Jesus.

II. **B E** merciful to this Chnrch, in which I am a Member, and Cause thy Face evermore to Shine upon it; Bless those whom thou hast Anointed

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ted over us, our Sovereign Lord and Lady, King *William* and Queen *Mary*, grant that their People may Obey them, and they may Obey thee, and do all things to thy Honour and Glory.

III. BLESS, *Katherine* the Queen Dowager, her Royal Highness the Princess *Ann* of *Denmark*, with all the rest of the Royal Family, endue them with Heavenly Graces, make them happy Instruments of thy Glory here, and partakers of thy Heavenly Kingdom hereafter.

IV. BLESS the Pastors of thy Church, the Bishops and Clergy, grant that by their sincere Preaching, and Assiduous Prayers, and Ministries, they may Glorifie thee, the great lover of Souls: give unto the Ministers of Justice, the Spirit of Government, and Zeal, Courage, and Prudence to the Nobility, Wisdom, Va-
E lour,

lour, and Religious Magnanimity; Succour all in Affliction, help them to Right that suffer Wrong, be with those that are in Prison, and preserve thou those that are appointed to Die.

V. BLESS my Relations, (*Here Name them*) Assist them in their Wants and Necessities, keep them in thy Fear and Favour unto their Lives end; forgive my Enemies, Persecutors and Slenderers, and turn their Hearts: Bless all those who do accompany me this day at thine Altar, and for all others who meet in thy Name, and Communicate in Remote Parts; grant that through this Blood of *Jesus*, we may all be Cleanfed from our Sins, and Purged from all our Iniquities.

VI. O leave us not, as we have deserved to be left, wrapt up in our own Confusions, be thou more merciful to us than we have been unto our selves;
Supply

Supply whatsoever is wanting in the Government; Establish what remains; Dissipate and Scatter Scandals; Stop and Prevent all rising and growing Heresies; make us all so far of one Heart and one Mind; that we may joyntly set our selves to the rooting up of all Atheism, Prophaneness, Superstition, Faction, Heresie; any thing which exalts it self against thy true and sincere Worship.

VII. GIVE to the whole Land fair Seasons of the Year, good Government, Health and Plenty; an excellent Religion undivided and undisturbed; frequent Celebration of this thy Holy Ordinance; through Christ our Lord.

VIII. AND now lift up your Head, O ye Gate of my Soul; and be ye lifted up O ye Everlasting Door of my Heart, that the King of Glory may come in, that he may come in at this time; and take Possession

108 *Short Ejaculations.*

of me, and Dwell and Reign
in me for ever. Even so O
Lord, for the sake of the Son
of thy Love; in whom only I
trust to be accepted; and in
whose Name and Words I call
upou thee; *Our Father, &c.*

*When you go forth of your Cham-
ber or Closet.*

I Will go into his Tabernacle,
and fall low on my Knees
before his Foot-Stool; the Lord
preserve me in my going out
and my coming in; from this
time forth and for evermore.

*When you enter the Church; which
ought to be sometime before the
Service begins.*

O How Aimable are thy
Dwellings thou Lord of
Host. I will come into thy Ta-
bernacle and fall low on my
Knees before thy Foot-Stool:
and will wait for thy loving
kindness

Before Divine Service. 109

kindness, O God, in the midst
of thy Temple; thy Testimo-
nies O Lord are very sure, and
Holiness becometh thy House
for ever.

*When you cast your Eye on the
Font and Pulpit.*

Then recal to mind that So-
lemn Vow, you openly took
at your Initiation into the
Church, to forsake the Devil
and all his Works, the Pumps
and Vanities of this Wicked
World; and all the sinful Lusts
of the Flesh, &c. and let the
other put thee in mind, the
many good Sermons thou hast
heard from thence, and the
few thou hast practised.

*Being seated, turn to the Psalms
and Lessons, Epistle and Gospel
for the Day, that you may
have them ready; if there be
any leasure time before Divine
Service begins, fall on your
Knees and say. E 3 Holy,*

110 *Short Ejaculations.*

Holy, holy, holy, Lord God Almighty, which was; and is, and is to come, fit us all for thy Service.

Good Lord Pardon all here, that prepares their Heart to seek thee.

Merciful Lord, Graciously accept us all, that come hither to present our selves our Souls and Bodies unto thee, for Jesus Christ's sake, that Vouchsafed to present himself Bodily in the Temple for us, in great Love and Humility.

Then joyn with the Prayers of the Church, and be Attentive to the Sermon. When Sermon is ended, fall on your Knees and say.

O Lord, by reason of my sins, I am unworthy to appear in thy presence, to offer up any Sacrifice unto thee, grant Merciful Lord, I beseech thee, both to me and all thy faithful People,

Before Receiving. III

People, Pardon, and Peace,
that being Cleansed from all
our sins, we may serve thee,
with a quiet mind through Je-
sus Christ our Lord, *Amen.*

*When you go up to Com-
municate.*

I will wash my Hands in In-
nocency, and so will I go to
thine Altar.

O send forth thy Light, and
thy Truth, that they may lead
me, and bring me to thy Holy
Hill, and to thy dwelling.

*When you Kneel before the
Altar.*

Thou art Worthy, O Lord,
to receive Blessing, Honour
and Power, but I am not wor-
thy thou shouldest come under
my Roof, or that thy praise
should come within my pollu-
ted Lips.

But Blessed Lord, thou Vouchsafedst to enter the House of a *Publican*, and to receive a Kiss of an unclean sinner; O receive such a sinner as I am, disdain not to enter under my Roof, despise not my humble Addresses and Supplications.

O let thy Sacrifice, be an expiation for all my sins, and now forever Seal thy Pardon by thy precious Blood for all my offences, and receive me Graciously.

When you cast in your Offering.

O Blessed *Jesu*, who didst accept the Poor Widdows two Mites, which she cast into the Treasury; I beseech thee, be graciously pleased to accept this Poor Offering from me the unworthiest of thy Servants.

Then diligently harken to the Exhortation, and seeing the Table spread, and the Elements of Bread and Wine set thereon, Meditate

*Meditate with thy self after
this manner.*

Meditations:

THIS O my Soul, is the Table of the King of Kings, and the Lord of Heaven and Earth ; it is a Feast, where himself is present, and all his Holy Angels, those Glorious Spirits do behold, love, and wonder that the Son of God should become Food to the Souls of his Servants ; be astonished ! O my Soul at this great Mystery, that he who is unchangeable, should be broken in pieces , and enter into the Body to support the Spirit, and yet at the same time remain in Heaven, while he Descends to thee upon Earth ; that he should Die for thee, and then give himself to thee for ever to Redeem thee from sin, and misery ; that he should become Man, and make thee,

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114 *Short Ejaculations.*

thee, a partaker of the Divine Nature :

II. O Lord I am unworthy to come to thy Table, but I come with as Thirsty a desire as the Chaced Hart which pants after the Water Brooks, and with as Hungry an Appetite as a Poor half starved Creature to a full Table O Lord I am not worthy of the least Crum that falls from the Table of thy Ordinary Providence, but I come in Obedience, to thy Command, O receive me as a poor Sinner, laden with sin, and let thy pretious Body and Blood, which I am now ready to participate off, Cleanse me from all sin and wickedness.

When the Minister says, draw near with Faith, and take this Holy Sacrament.

Lift up thy Heart in this Ejaculation.

O Lord, I am unworthy of this Invitation to thy Holy Table ; but

Before Receiving. 115

*a sinner must not refuse thy call
therefore in all Obedience and
Humility I come.*

**Then joyn Humbly with the
Minister in the Confession.**

**After the Absolution is Pro-
nounced, use this Ejaculation.**

*O Lord, I beseech thee, grant
me a true Repentance, and a
lively Faith, that I may receive
all the Benefits of thy Death and
Passion, even the Confirming and
Strengthening me in all goodness
to my Lives end.*

**When that Comfortable saying
of St. Paul is repeated, that
Christ came into the World to
save Sinners.**

Say with all Humility.

*O Lord, I am the greatest and
chiefest of sinners, but thou alone
are the Propitiation for my sins.*

After

116 *Short Ejaculations.*

After the Preface is ended,
*Therefore with Angels, and
 Arch-Angels, &c. Use this
 Ejaculation.*

*I will evermore praise thy
 Name, O thou that dwellest in
 the Heavens from the rising up of
 the Sun, until the going down of
 the same, and will Laud and
 Magnifie thy Holy Name, now,
 and forever.*

When the Prayer of Consecra-
 tion is said, and the Mini-
 ster reads the Words of
 Christs Institution, and you
 see him Order the *Bread* and
 the *Wine* repeat this

*O Lord, thou hast provided
 two distinct Pledges of thy Love,
 to us Poor sinners, who had been ut-
 terly lost, had not thy Almighty
 goodness found out a Remedy to
 Save us.*

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When thou seest the *Bread* broken and the *Wine* poured out. Say.

Thus was thy Holy Body broken for my sins upon the Tree of shame, and thy Side was Pierced with a Spear, which gushed forth Blood; thus wast thou Wounded for my Transgressions, and Bruised for mine iniquities, but by thy Stripes I am healed.

When the Minister Receives in both kinds.

O Lord, Purifie and Cleanse my Heart by thy Holy and Blessed Spirit, and prepare my Soul to Receive thee, the great God of Heaven and Earth: Come Holy Jesus, and take Possession of my Soul, Purifie it with thy pretious Blood, and dwell therein for ever. Amen.

Immediately before Receiving.

Grant me, O Blessed Lord,
so

so to Eat the Flesh of thy dear Son *Christ Jesus*, and to Drink his Blood, that my sinful Body may be made Clean by his Body, and my Polluted Soul washed through his most precious Blood.

II. O Lord Purifie my Heart and Mind. Strengthen my Faith, and encrease my Charity ; for though I am weak, though I am unworthy, though I am unprofitable, yet I am thy Servant : Lord, hear my Prayers, and let my Cry come unto thee.

III. O Lord thou hast said, that he that Eateth thy Flesh, and Drinketh thy Blood, hath Eternal Life.

Behold the Servant of the Lord, be it unto me, according to thy Word.

When the Minister presents thee the Holy Bread, say softly after him.

The Body of our Lord *Jesus Christ*

Receiving the Bread. 119

Christ which was given for me, preserve my Body and Soul unto everlasting Life.

Here take the Bread with Reverence, and proceede.

I take and Eat this in remembrance, that *Christ* Died for me, and will Feed on him in my Heart, with Faith and Thanksgiving.

When you Eat the Bread, say.

By thy Crucified Body, Deliver me I humbly beseech thee from this Body of Sin and Death.

● *After the Bread.*

O Blessed *Jesu*, this Ho'y Bread, which I thy most unworthy Servant, have now Received, is that Bread which came down from Heaven, and giveth Life unto the World: O that I may now feel its Virtue, and

and Efficacy, in Elevating up my Soul to Heaven, and there to have my Conversation fixt, whilst I remain on this sordid Earth, that when I shall be taken from hence, I may have my Consummation and Bliss, in thy Celestial Mansions, there to behold thy Face in Glory, who art now the Food of my Soul in Grace; O Lord, my God, and my Redeemer. *Amen.*

Before Receiving the Cup.

What reward shall I give unto the Lord; for all the benefits he hath done unto me? I will take the Cup of Salvation, and call upon the Name of the Lord; I will pay my Vows now in the Presence of all his People.

When you receive the Cup of Blessing from the Minister say with all humility after him.

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Receiving of the Cup. 121

The Blood of our Lord *Je-
sus Christ*, which was shed for
me, preserve my Body and
Soul unto everlasting life.

*Here take the Cup with Reve-
rence and proceed.*

I Drink this in Remem-
brance, that Christs Blood was
shed for me, and am thankful.

After the Cup.

O let this most pretious
Blood of thine Purge away the
Filthiness of my Corrupt Heart,
and Purifie the Drofs of my
Guilty Conscience, from all
Luke-warm, and Dead Works,
to serve thee, the living God,
in Holiness and Righteousness,
all the days of my life.

Then Meditate.

O Lord may this Holy and
Blessed Sacrament, of thy most
pretious

122 *Receiving of the Cup.*

precious Body and Blood, which I (though much unworthy, by reason of my manifold sins) have now received, Seal unto my Soul, both Pardon and Peace, and that now being made whole, I may sin no more.

II. O Lord, most holy, I do verily believe, thy Body was Crucified, and thy Hands and Feet Bored through, and that thy Blood was shed out of thy Body, and a Spear run into thy Blessed Side; as really as I have Received this Bread, and this Wine separately; for the perfect Remission of all my sins, and I believe, that in the Receiving this Bread and Wine, I have spiritually Received thy Body and Blood, whereby my sins are wholly washed away, and my sinful Soul refreshed and Purified: O Lord, this I believe, O help my unbelief.

III. LORD, now lettest thou thy Servant depart in Peace according to the Word.

For more.

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Meditations after Receiving. 123

For mine Eyes have seen thy Salvation, which thou hast prepared before the Face of all People.

To be a Light to Lighten the Gentiles, and the Glory of thy People Israel.

Glory be to the Father, &c.
As it was in the beginning, &c.

our
Meditations whilst others are
a Communicating.

Blessed are they that dwell in thy House, and are fed, though it be with the Crums that fall from thy Table.

Happy are those Servants; whom when their Lord cometh he shall find so doing.

Behold, thou art whole, sin no more, least a worst thing happen unto thee !

As you have therefore received Christ Jesus the Lord, so walk ye in him, Col. 2. 6.

Blessed be the Holy and Undivided Trinity, now, and for ever

For more. Amen. Whe

124 Sunday Evenings

When thou art going Home,
and seeft an Object of Cha-
rity, remember *Pfal. 41. 1.*

*Blessed is the Man that provid-
eth for the Sick and needy, the
Lord shall deliver him in the time
of Trouble.*

verit

*Sunday Evenings Medi-
tations at Home, after
Receiving the Holy Sa-
crament.*

O Lord, when ever I enter
thy Holy Temple, let me
leave behind me my Bargains
and Business, and carry no-
thing thither but Adoration for
thy Majesty, and Prayers for
my necessities : thou who didst
open the Mouths of little Chil-
dren to praise thee ; enable the
weakness of me thy Servant to
Obey thee : Lord I am thy
Temple, and should be Consecrated

MEDITATIONS. 125

crated intirely to thy Service :
Enter O Gracious *Jesu* ! into
my Heart, and thoroughly purge
me from all impieties.

II. GOOD God ! How tenderly dost thou Consult to preserve us Wretches ! How kindly resolve to send even thine own, thine only, thy Beloved Son to Redeem us ? This is our Lord's doing, and 'tis marvelous in our Eyes. But, O ! How did our graceless World entertain him then ? and how does it now ? Yet still he continues his Correspondence with us, and daily comes to meet us on his Holy Altars ; he there Feasts our Souls, with his Body and Blood, and Cheers our Hearts with his Holy Spirit.

III. O the indulgent Providence of our God ! How many ways has he contrived to save us ! How many Messengers has he sent to instruct our Ignorance ! How many Embassador, to reclaim us to our Duty !

ty! What could an infinite Power and Goodness do, that he has not done! What could the Vilest Ingratitude do, that we have not done! often he sends a Blessing to invite our Love, and we abuse it into Pride and Wantonness; sometimes he sends a Cross to Check our Vanity, and we turn it into Murmuring and Dis-Obedience.

IV. LORD, Grant that I may persevere in Grace, and with all humble Obedience, learn how to carry my self in all my Necessities; let me go to my God with Fear and Reverence, let me Prostrate my self at his Sacred Feet, and with an humble Confidence, say to his Mercy, Lord if thou wilt, thou canst bring it to pass; all I am concern'd to fear is, my person is unworthy, or the things I Petition for, unfit to be granted; else I securely may relie on thy Bounty; and with the least doubt, say to thy Pow-

er,

MEDITATIONS. 127

er, that nothing to thee is Impossible.

As I have received Christ Jesus the Lord, so will I walk in him, Col. 2. 6.

A Prayer of Thanksgiving, after Receiving of the Sacrament.

To be Used at Home.

O Thou Infinite Ocean of Mercy from whence flows all the benefits, we receive, and enjoy, and to whome all Praise, Glory and Honour, is most due; I desire with all the most highest Affections, of a sincere Heart, to Laud, and Bless thee for those Transcendent Mercies and Blessings, thou hast at this time and at all others bestowed upon me; [Here Name the Particular Mercies.] Lord what is Man? even poor sinful Dust and Ashes, that

that thou shouldest thus Regard him, as to send thy welbeloved Son into the World, to purchase his Redemption, even with the Price of his own most Precious Blood? but Lord, what am I the vilest of sinners, that I should partake in this Attonement, who have so often Trampled him under my Feet?

II. O the Riches and fulness of thee my Saviour, who hast now admitted ~~me~~ to the renewing of that Covenant I entered into at my Baptism, but have since by my own perverseness so often broken, that I who am unworthy of the Daily Bread which I Eat to support the Body, should participate of this Spiritual Bread which nourisheth the Soul to Eternal Life, and that the God of Holiness should Condescend to so Vile a Wretch! O Lord, I beseech thee, suffer me not for the time to come to turn thy Grace into Wantonness, or make thy Mercy an Occasion of Carnal Security, but let this won-
derful

derful loving kindness of thine win me to Obedience, that since my Saviour hath Suffered and Dyed for me, I may no longer live unto my self, but to him.

O Lord, thou hast now been pleased to enter my Heart, O never let me permit any one Lust to Chase thee from it, but as thou hast so dearly bought me with thy pretious Blood, do I beseech thee, still keep possession of me, and suffer no unclean thing to take me out of thy keeping; to this purpose be thou Graciously pleased to be Vigilant over me, and Protect me from all my Ghostly Enemies; but more especially deliver me from the Deceitfulness of my own Heart, which is ever ready to yield it self a Prey: And where thou perceivest I am either by Nature or Custom most Prone and Weak, there I beg of thee to exalt thy Power in preserving me.

[Here Name thy greatest Temptation.]

IV. O let the Sufferings of my
F Crucified

Crucified Saviour for my sins, and the Solemn Vow I have have now made against them, never slip from my Memory, but let the remembrance of the one make me perform the other, that I may never engage with those Lust, which Nailed his Hands and Feet, Pierced his Side, and made his Soul sorrowful to Death. But now having a new resigned my self to him, I may serve him in Righteousness and Holiness, all the days of my Life.

V. LORD, support my Weakness in this warfare, and be thou my Strength, for I am not able to struggle with the least Temptations. How often have I fainted in the Encounter? How many Sabbaths have I profaned, and how many Sacramental Vows have I broken? And yet, O Lord, I carry about me the same deceitful Heart to betray me to the breach of this last Duty. But O thou, who art for ever unchangeable, endure me, I humbly beseech thee

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thee with such a stedfastness of mind, that I may never swerve from thy Commandments, but bring forth Fruits meet for Repentance, that I may arrive to Life Eternal, through the Merits, and Mediation of my Crucified Lord, and Saviour. Amen.

VI. Almighty God, who hast promised to hear the Petitions of them that ask in thy Sons Name; I beseech thee mercifully to incline thine Ears to me that have made now my Prayers and Supplications unto thee, and grant that those things which I have faithfully asked according to thy Will, may effectually be obtained, to the relief of my Necessity, and to the setting forth thy Glory, through Jesus Christ our Lord. Amen.

VII. Now unto him that is able to do exceeding abundantly above all that I am able to ask or think, according to the Power that worketh in me, unto him be Glory in the Church

132 *A Thanksgiving, &c.*

by Christ Jesus, throughout all
Ages, World without End.
Amen.

*The Grace of our Lord Jesus
Christ, and the Love of God, and
the Sweet and Comfortable Fellow-
ship of his Holy and Blessed Spi-
rit be with me, and remain with
me, now and forever. Amen.*

Private Devotions, and
Divine Thoughts to
be used every Day in
the Week.

A Morning Prayer to be Used
after the *Ejaculations*, at Up-
Rising.

Omnipotent and Everlasting
God, I Bless and Praise thy
Holy Name for thy preservation of
me this night past, even to this pre-
sent; I beseech thee, in all that I
shall do this day, prosper thou the
Work

Work of my Hands, O prosper then my Hand-work.

II. IN all that I shall think or say, let the words of my Mouth, and the Meditations of my Heart be such as may be ever acceptable in thy sight; O Lord, my Strength, and my Redeemer, that thou maiest for ever Vouchsafe to be with me both in and Death.

WHEREIN (for the short time of my Life here,) give me Grace so to behave my self, as in thy Presence: Fearing nothing so much as thy displeasure; hating and Sorrowing for nothing so much as my sins, loving and rejoycing in nothing so much as in thee, and thy Glory.

IV. and for the time of my Death, I beseech thee, in thy good Providence and Mercy, so to Order it, that I be not found either unprovidenced, or unwilling to depart, in that kind of Death, and by that means which thou shalt appoint; but so to be ever affected in Faith and Love, as they that

long to be delivered from this Body of sin, into the Glorious Liberty of the Sons of God.

V. IN this hope I rest, and into thy Blessed Protection and Mercy this day I commend my Soul and Body : My Relations and Friends ; beseeching thee so to Sanctifie and Direct us in the ways of thy Laws, and in the works of thy Commandements ; and to give thine Angels such charge over us, that through thy most Protection, both here and ever, we may be preserved in Body and Soul to serve thee, the only true God, through Jesus Christ our Lord. Amen.

Our Father which art in Heaven, &c.

A Hymn for the Morning.

Lord I do now lift up my Eyes,
And leave my sluggish Bed,
But why I wake, or why I rise,
Comes seldom in my Head.

Is

A Hymn for Morning. 135

Is it to Sweat and Toil for wealth,
Or sport my time away ;
That thou preserv'st me still in
Health.

And givest me this new day ?
No, no, unskilful Soul, not so ;
Be not deceiv'd with Toys :
Thy Lord's Commands more wisely
go,

And Aim at higher joys.
They bid us wake to seek new
Grace,

And some fresh Virtue gain :
They call us up to mend our pace,
Till we the prize attain.

That Glorious prize for which all
Run,

Who wisely spend their Breath :
Who when this weary Life is done,
Are sure of rest in Death.

Not such a rest as here we prove
Disturb'd with cares and fear :
But endless joy, and peace and
Love ;

Unmixt with Grief and Tears.
Glory to thee, O bounteous Lord !

Who giv'st to all things breath :
Glory to thee, Eternal Word !

136 *A Hymn for the Morning.*

*Who sav'st us by thy Death.
Glory, O blessed Spirit to thee,
Who fill'st our Souls with love,
Glory to all the Mystick three,
Who Reign one God above.
Amen.*

Ejaculations for the Day.

At your Apparelling, say.

Blessed *Jesu*! that the shame
of my sinful Soul may not
be seen, Cloath it with thy
spotless Robes of Righteousness,
and Adorn it with all the Or-
naments of all manner of Grace
and Vertues. *Amen.*

When you are Apparell'd.

O most aimable *Jesu*, the true
Spouse of my Soul, give me
the Wedding Garment of Di-
vine Love, and perpetual Cha-
rity. *Amen.*

Washing your Hands.

O Blessed Lord, who so loved
us, as to Wash our Souls in
thy pretious Blood; Purifie I
be-

beseech thee, my Heart and my Hands from all the spots and filth of sin. *Amen.*

In Washing your Mouth.

O Divine Wisdom, which proceedest out of the Mouth of thy Heavenly Father, I humbly beseech thee with thy Grace to Purge my Lips from all Wicked and Vain words, that my Mouth may never open but to thy praise, and the improvement of others. *Amen.*

In Washing your Eyes.

O thou Celestial Light, who Illuminates every one that comes into the World, enlighten the Eyes of my Soul, that in all things I may perfectly see and perform thy blessed will and Pleasure. *Amen.*

*Beholding your Face in the Glass:
Say.*

All Flesh is Grass, and the Glory of it as the Flower of the Field, which may quickly fade away and be no more seen. Favour is deceitful and Beauty

F is

is vain, but a Woman that feareth the Lord, she shall be praised.

Going forth of thy House or Chamber, say.

Shew me, O Lord, thy ways, and teach me thy Paths; Direct my steps according to thy word, that no Injustice Rule over me, make perfect my goings in thy Paths, that my steps be not moved.

As you Travel or Walk by the way.

Blessed are those that are undefiled in the way, and walk in the Law of the Lord.

When the Clock strikes, or you see the hour of the day.

Our time passeth away like a Shadow, and we bring our Years to an end, as it were a Tale, that is told: But Lord, so teach me to number my Days, that I may apply my Heart unto true Wisdom.

As you Ascend any high place, or go to Church.

Who shall Ascend into the Hill

Hill of the Lord : or who shall rise up in his Holy place ? Even he, that hath Clean Hands, and a pure Heart : and that hath not lift up his mind unto Vanity, nor sworn to deceive his Neighbour.

When you are on a high place, say.

Thy Mercy O Lord, reacheth unto the Heavens : and thy faithfulness unto the Clouds.

Beholding pleasant Fields, and Variety of Objects.

O Lord, how manifold are thy Works : In Wisdom hast thou formed them all, the Earth is full of thy Riches, thou openest thine hand and fillest all things living with plentiousness.

Upon hearing, or seeing any thing Extraordinary.

Blessed be the Lord God, even the God of *Israel* ; which only doth wonderous things, and blessed be the Name of his Majesty for ever : and all the Earth shall be filled with his Majesty. *Amen, Amen.*

When

When you go to Read, or Meditate.

Open thou mine Eyes, O Lord; that I may see the wondrous things of thy Law: And grant that what ever I Read or Meditate may conduce to the full understanding of thy Will, and my ready Obedience thereunto.

Being wearied therewith.

Lord, let me not be weary in well-doing, remembering that in due time I shall Reap, if I faint not.

When yo go about any worldly Employments.

Deliver me O Lord, from every evil Work, and stablish me in every good Word and Work.

When you are Discontented or Sad.

Why art so full of heaviness O my Soul: and why art thou so disquieted within me? Put thy trust in God: For I will yet give him thanks for the help help of his Countenance. Cause thy Face O Lord to shine
upon

upon thy Servant: O shew me
the Light of thy Countenance,
and I shall be whole.

When you Hunger and Thirst.

Blessed are all they that Hun-
ger and Thirst after Righteous-
ness, for they shall be filled
with thy abundant goodness.

*When you are asked an Alms, and
are able to give.*

It is more blessed to give
than to receive, he that Sow-
eth sparingly shall Reap sparing-
ly, and he which Soweth boun-
tifully shall Reap bountifully.

*When you hear any Person, Evil
spoken of.*

Deliver me, O Lord, from
Lying Lips, and from a Deceit-
ful Tongue.

*Upon sight of your Sins, and
mispending of your time.*

O remember not the Sins and
Offences of my Youth, or Ri-
per Years, but according to
thy tender Mercy, think thou
upon me, O Lord for thy good-
ness.

After

After thou hast Rehearsed the the Lords Prayer, the Twelve Apostles *Creed*, and the *Ten Commandements*. Think upon these good Rules that are to be observed and practised, and what sins are to be avoided.

The two Precepts of Charity, or the Laws of Nature.

TO love God above all for his own sake.

To love all Men as our selves for Gods sake, and to do unto others, as we would they should do unto us, *Deut.* 6. 5. 10. 12. *Matt.* 7. 12.

The Sacraments of the Church.

The principal and truly so called, as generally necessary to Salvation, are two Baptism, and the *Lords Supper*.

The three Theological Vertues.

Faith, Hope, and Charity, *1 Cor.* 13. 13.

The

The Four Cardinal Virtues.

Prudence, Justice, Fortitude, and Temperance.

Three kinds of good-Works.

Fasting, Prayer, and Alms, Deeds, *Matt. 6.*

Pray, and Labour for the Seven gifts of the Holy Ghost.

1. The Spirit of Wisdom.

2. And understanding. 3. The Spirit of Counsel. 4. And Ghostly Strength. 5. The Spirit of Knowledge. 6. And Piety. 7.

The Spirit of a Holy and Godly Fear, *Isa. 11. 2.*

To those add the Twelve Fruits of the Holy Ghost.

Love, Joy, Peace, Patience, Mercy, Goodness, Long-Suffering, Meekness, Faith, Modesty, Shame-Facedness, Sobriety, *Gal. 5. 22.*

Endeavour to perform these Seven Spiritual works of Mercy.

1. To instruct the Ignorant, *Matt. 18. 15. 16, 17.* 2. To

Correct offenders, *Jam. 5. 12.*

3. To Counsel the Doubtful, *Gal.*

Gal. 6. 6. 4. To comfort the Afflicted, *Prov. 27. 9.* 5. To suffer Injuries with Patience, *Eccles. 5. 8.* 6. To forgive Offences and Wrongs, *Rom. 15. 1.* 7. To Pray for others, *Mark. 11. 25.*

Likewise forget not these six Corporal Works of Mercy.

1. To feed the Hungry, and to give Drink to the Thirsty, *Mat. 15.* 2. To Cloath the Naked, *Mat. 25.* 3. To harbour the Stranger and Needy, *Tob. 1.* 4. To visit the Sick, *Isa. 58.* 5. To Minister unto Prisoners and Captive, *Tob. 12.* 6. To Eury the Dead.

Observe the eight Beatitudes,
Mat. 5.

1. Blessed are the Poor in Spirit, for theirs is the Kingdom of Heaven.

2. Blessed are they that Mourn, for they shall be Comforted.

3. Blessed are the Meek, for they shall inherit the Earth.

4. Blessed are they which do.

Hen.

Hunger and Thirst after Righteousness, for they shall be filled.

5. Blessed are the merciful for they shall obtain Mercy.

6. Blessed are the pure in Heart, for they shall see God.

7. Blessed are the Peace-Makers for they shall be called the Children of God.

8. Blessed are they which are Persecuted for Righteousness sake, for theirs is the Kingdom of Heaven. Labour to avoid the Seven deadly sins, as they are commonly so called.

1. Pride, Luk. 14. 11. 2. Covetousness, Act. 20. 35. 3. Luxury, 1 Cor. 16. 15. 4. Envy 1 Joh. 3. 14. 5. Gluttony, Rom. 14. 7. 6. Anger, Mat. 11. 29. 7. Sloth, Jer. 48. 10. Pray for the seven contrary Virtues.

1. Humility. 2. Liberality. 3. Chastity. 4. Gentleness. 5. Temperance. 6. Patience. 7. Devout and Earnest serving of God, and being dilligent.

146 *Private Devotions.*

Four Sins that Cry to Heaven for Vengeance.

1. Wilful Murther. 2. Carnal Sin against Nature. 3. Oppression of the Poor. 4. Defrauding Workmen of their Wages.

The Four last things to be remembered.

1. Death. 2. Judgment. 3. Hell. 4. Heaven.

Ejaculations when towards Bed-time.

I will not suffer mine Eyes to Sleep, nor mine Eye-Lids to Slumber, neither the Temples of my Head to take any rest, until I find out a place for the Lord; an habitation for the Mighty God of *Jacob*.

A Prayer for the Evening.

O Almighty God, my Glory and my hope, my Lord and Master, the Father of Mercy, and God of all Comfort, I present to thee, the Sacrifice of a thankful Spirit,

Prayers for the Evening. 147

Spirit, in humble and joyful acknowledgment of those infinite favours by which thou hast this day, and all the whole term of my life, supported my state, enriched my Spirit, comforted my Sorrows relieved my necessities blessed and defended my Person, instructed my Ignorance, and promoted my Eternal Interest.

II. *WHOM* have I in Heaven but thee, or whom on Earth have I desired, or may desire in Comparison of thee whose Nature is Goodness, whose Will is Power, and whose Work is Pity; I humbly beseech thee to Pardon my sins [Here Name the Particulars.] and accept of this Evening Sacrifice, abate my Pride, and remedy all my other imperfections; Oh multiply thy Grace upon Humility, and manifest thy Power in my infirmity; plead thou my cause, O Lord with thy Heavenly Father, and be thou for ever my Mediator and Advocate.

III. *AS* thou hast ordained the day for Labour, and the night for Rest

148 *A Prayer for the Evening.*

Rest, I beseech thee to protect me
this Night; let the Eye of thy Pro-
vidence watch over me, and thy
Holy Angels pitch their Tents about
me, that being safely delivered
from danger, and refreshed with
moderate Sleep, I may be enabled
to perform my own employment, and
faithfully persevere in the duties of
thy Service; and so daily advance
to new Victories over my Passions,
and more perfect observance of thy
Commandments; till having pas-
sed my days in thy fear, I may end
them in thy favour, and rejoyce
with thee for ever in thy heavenly
Kingdom, through Jesus Christ our
Lord, who with thee, and the Ho-
ly Ghost, liveth and reigneth ever one
God, World without end. Amen.

A Hymn for the Evening:

Now, my Soul the day is gone,
Which in the Morn was thine.
Now its Glass no more shall run,
Its Sun no longer shine.

True

A Hymn for the Evening. 149

True alas! the day is gone,

O were it only so :

Is it not lost as well as done ?

Cast up thy Counts and know.

Are we so much nearer Heav'n,

As to the Grave we bow ?

Has our sorrow made all ev'n,

And clear'd the Debts we owe ?

From what Vice have we refrain'd

To break the course of sin :

What new Virtue have we gain'd,

To make us rich within ?

Time is well bestowed on those,

Who well their time bestow :

*Whose main concern still forwards
goes,*

Whose hopes still riper grows

Who when e're the Clocks proclaim,

Another hour is past,

Have an Art to set their aim,

And thoughts upon their last :

That their last and happiest hour,

Which brings them to their home

*Where they sing, and bless the
pow'r,*

By which they thither come.

O my God, of Life and Death,

The everlasting King!

Since thou giv'st to all their

Breath,

May

150 *Private Devotions.*

*May all thy Glory sing,
Glory, Honour, Pow'r and Praise,
To the Mysterious three :
As at first beginning was,
May now, and ever be.*
Amen.

As you address your self, say.

The time is now approach-
ing, when I must put off this
Body of sinful Flesh, as I do
now these Garments which co-
ver it ; grant O Lord, that I
may put off the Old Man which
is Corrupt according to the de-
ceitful Lusts, and put on the
New Man, which after thee, O
God is Created in Righteous-
ness and true Holiness.

As you enter into your Bed, say.

In the Name of our Lord
Jesus Christ, Crucified, I lay me
down to rest ; bless me O Lord,
defend and Govern me, and af-
ter this short and miserable
Pilgrimage, bring me to ever-
lasting happiness. *Amen.*

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Lord,
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A Prayer at setting to Sleep.

O Jesus Christ, whose unwea-
ried Eye, neither slumbers
nor sleeps, but continually watches
in defence of thy Servants, receive
me I beseech thee, into thy Prote-
ction, and grant that when my
Body is a sleep, my Soul may
wake to thee; and hereafter be-
hold that Blessed and heavenly
Life, where thou with the Father,
and the Holy Ghost, Art eternal
Governour, and where the Angels
with the blessed Souls are Citi-
zens for ever. Amen.

When thou art in Bed, and canst
not sleep, exercise thy self in
this Meditation.

Stand in awe, and sin not,
Commune with your own
Heart upon your Bed and be
still.

I will lay me down in Peace
and will take my rest: For thou
Lord, only makest me to dwell
in safety.

Have

Have mercy upon me O Lord
now, and at the hour of Death.

*II. O Lord preserve me while
I am waking, and defend me
when I am sleeping, that my Soul
may continually watch for thee,
and both Body and Soul may rest
in thy Peace for ever. Amen.*

The Holy and undivided
Trinity, be now and evermore
my defence, against all Perils
and Dangers of this Night.
Amen.

FINIS.